

The Morning Calm Weekly

Volume 3, Issue 15

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Jan. 28, 2005

Pianist shares talent with Hialeah

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ROK soldiers repatriated at Yongsan Garrison

By Sgt. Andrew Kosterman

Area II Public Affairs

YONGSAN – Koreans who served during the Korean War welcomed two fallen comrades home Jan. 20 during a repatriation ceremony here.

The remains, believed to be Republic of Korea soldiers, are returning to Korea after forensic analysis by the Joint POW/MIA Accounting Command's Central Identification Laboratory at Hickam Air Force Base, Hawaii.

According to a U.S. Forces Korea press release, the remains were recovered in June 2003 by JPAC teams during a Joint Recovery Operation south of the Demilitarized Zone in the Republic of Korea. JPAC teams sometimes recover third-country national and other allied remains with the missing Americans alongside whom they fought.

During the ceremony, the United

Nations flag was removed and replaced by the ROK flag. Normally, the UN flag remains on the coffin throughout the ceremony.

After the ceremony, veterans of the 1950s conflict met and thanked Gen. Leon J. LaPorte, commander of U.S. Forces Korea and United Nations Command, for hosting the ceremony.

The repatriation concludes the 28th JRO. Since the signing of the armistice in 1953, thousands of remains, believed to be fallen American Soldiers, have been repatriated. North Korea returned several thousand sets of remains in Operation Glory in 1954.

Though not the first time ROK soldier remains were repatriated, the ceremony marked the first time U.S. Forces Korea was involved in the repatriation.

E-mail KostermanA@korea.army.mil



Sgt. Andrew Kosterman

The Republic of Korea flag is placed over the remains of a ROK soldier during a repatriation ceremony Jan. 20 at Knight Field, Yongsan Garrison, Main Post. The two ROK soldiers' remains were recovered in June 2003 south of the Demilitarized Zone.

Fan-tastic



Pfc Stephanie Pearson

A group of Korean dancers entertain guests by performing a traditional fan dance at the Area I Volunteer-of-the-Quarter luncheon Jan. 19 at Camp Casey's Warrior Club. The dancers were part of a program hosted by Area I Army Community Services to recognize top individuals and units for their volunteer efforts. For related story, see Page 7.

U.S. Embassy warns of potential threat

By Staff Sgt. Mark Porter

Korea Region Public Affairs

SEOUL – The U.S. Embassy in Seoul has issued a warning to all U.S. citizens in the Republic of Korea, warning that attacks targeting Americans have been threatened in the vicinity of Hongik University and the Sinchon area.

These areas are off limits to all U.S. Forces Korea personnel.

The threats stem in part from recent, inflammatory messages posted to a Web site for English language teachers in Korea. That posting together with subsequent postings were considered by some to be demeaning to Korean women.

In the warning, the embassy staff wrote that they "have noted recently, strong reaction in the form of Web postings threatening attacks in the vicinity of Hongik University and the Sinchon area against Americans and other foreigners who speak English.

"All Americans and their families (especially young adults) are encouraged to exercise prudence and caution when visiting these neighborhoods. The embassy advises that inappropriate social behavior in public may be seen as provocative by Korean nationals."

Though there is no way to substantiate the threats, embassy officials warn that all comments of this nature should be taken seriously.

The warning was issued Jan. 21, however the potential for danger still exists. The embassy will continue to keep the U.S. community informed of any changes in the overall security situation. For information, visit <http://www.asktheconsul.org/>.

Letters to the Editor

Human-trafficking policy applauded

Dear Editor,

I am a retired servicemember and want to thank the command for cleaning up the Itaewon area. I am now a Department of the Army civilian working and living in Pyongtaek. There was an article written by Airman 1st Class Juanika Glover in the Jan. 14 issue of The Morning Calm Weekly about human trafficking and business owners employing foreign nationals under an E6-3 VISA.

These nationals are bought here and many are then told they have to work from 6 p.m. to 1 a.m., seven days a week, with only one day per month off. Their average salary ranges from \$400 to \$500 per month -- most of which they send home to support their families.

Some of these nationals are restricted to their living quarters, which they share with other foreign nationals. They are not allowed to have a personal life outside of their immediate working area (most often a bar).

They are told they should wear revealing attire so as to induce customers to buy them juicy drinks, hence the term "Juicy Girl." Most of these nationals are afraid to speak up for fear of being sent back home.

The situation becomes bleaker to these nationals if they are employed in the 2nd Infantry Division area. I have personally spoken to some of these nationals and they have told me they are working anywhere from 15 to 17 hours a day and just like other nationals, they are sometimes encourage by bar owners to engage in prostitution. I applaud our Commander In Chief President Bush and our leaders in Korea for taking a stance on Human Trafficking.

Ernesto, Perez

Morning Calm Weekly submission guidelines

Send Letters to the Editor, story submissions and other items to The Morning Calm Weekly at MorningCalmWeekly@korea.army.mil.

Submissions should include all pertinent information, as well as a point of contact name and telephone number. For information, call 738-3355.

'Hate cannot drive out hate, only love can do that'

By Kimberly Spencer

Air Force Link News

Martin Luther King's words still ring as true today as they did 30 years ago. His contributions to our history helped a nation to right unspeakable wrongs, which were tarnishing the name "America."

Even after the Supreme Court struck down segregation in 1954, human rights offenses were both law and custom in much of the country.

Before Dr. King and his movement, a respectable black seamstress could be thrown into jail and fined simply because she refused to give up her seat on an Alabama bus so a white man could sit down. A six-year-old black girl could be spit on by a white New Orleans mob simply because she wanted to go to the same school as white children. Highly educated black people were routinely denied the right to vote, serve on juries or buy or rent homes wherever they chose.

America needed the help of Dr. Martin Luther King. Within a 13-year span, from 1955 to his death in 1968, he was able to explain, expose and extricate America from many of the wrong doings going on. His tactics of non-violent passive

resistance to racial injustice gave America the voice of reason needed at the time.

While his voice still rings in our ears, it is important to remember the

"It is because of Dr. King and the movement that he led that the United States can claim to be the leader of the 'free world' without inviting smirks of disdain and disbelief."

heart of that of which he spoke. Many groups today ask for tolerance. Rather than resolving our differences, tolerance often means little more than leaving one another alone. It does nothing to promote understanding. There is little in the concept of tolerance to promote true compassion and acceptance of one another.

Tolerance has no cohesion or healing power in society. Dr. King did not speak in terms of tolerance. His ideal was love. Yet in current discussions of human relations, the word love is seldom used. Dr. King insisted love was the dominant or critical value by which we could overcome racial strife. That same concept of love and acceptance is

what is needed today.

The love he spoke of was a biblical love, one that is unconditional, unselfish and seeks the absolute good of another party.

That kind of love is a tough love, one that confronts wrong and injustice with the truth that all people are created equal.

Dr. Martin Luther King, Jr. was honored with an official observance held Jan. 17. These ceremonies and celebrations remind us of

how his campaigns awakened the conscience of our society.

It is because of Dr. King and the movement that he led that the United States can claim to be the leader of the "free world" without inviting smirks of disdain and disbelief.

He and the courageous men and women who marched beside him enabled our country to achieve greater heights through love and peace.

It is up to us to keep the dream alive, not just by tolerating one another, but also by loving one another.

(Editor's note: Master Sgt. Kimberly Spencer is with the 59th Medical Wing Public Affairs at Lackland Air Force Base, Texas.)

MP Blotter

The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ Military Police revealed through investigation one Soldier struck a Korean National civilian in the upper lip with a closed fist. He then choked the civilian with his hands and twisted his left pinky finger. The Soldier then fled the scene. The civilian transported himself to an off-post hospital where he was treated and released for damage to a ligament in his left hand. The civilian filed a report with the Korean National Police. He then rendered a written sworn statement with military police attesting to the above incident. Investigation continues by MPI.

■ Investigation by USACIDC revealed that several Soldiers aided a female Soldier to her room due to her intoxicated

state. One of the Soldiers then waited until she passed out, and initiated sexual intercourse with her. She awoke to find the Soldier on top of her, and started to yell and push him until he left the room. The Soldier was later interviewed by USACIDC and admitted to removing victim's clothing and that she did not give consent to have sexual intercourse. Investigation continues by USACIDC.

■ Investigation disclosed that a Soldier was observed over closed circuit television placing four music CDs in his backpack and exiting an on-post store without rendering proper payment for items in his possession. The Soldier was detained by security until arrival of the military police. He was then transported to the military police station, where he was advised of his legal rights, which he waived rendering a written sworn statement attesting to the incident. He was further processed and released to his unit. Cost of the items taken is \$48.80.

All property was returned to the store.

■ Investigation disclosed that two Soldiers were involved in a verbal altercation at an off-post club, regarding the number of beers that were purchased. The situation became physical when the first Soldier punched the other Soldier in the right side of his face with a closed fist. The second Soldier placed the first Soldier in a headlock and punched him in the head with a closed fist. The Soldiers were then apprehended and transported to the military police station where they were administered a series of field sobriety tests, which they failed. They were then administered a command-directed blood alcohol test, with results pending. The second Soldier was treated for his injuries and released to his unit. The first Soldier was advised of his legal rights, which he invoked requesting not to be questioned. This is an alcohol-related incident. Investigation continues by MPI.

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Support and Defend

NEWS & NOTES

Kyongju BOSS Trip

The Better Opportunities for Single and Unaccompanied Soldiers program is offering Soldiers the opportunity to see Korea's "museum without walls," the city of Kyongju. As the first capital during the Shilla dynasty, there are many temples, palaces and historical sites to see there. The two-day trip is organized for President's Day weekend at a rate of \$100.

Famous historical sites include the Kyongju National Museum, Anapji Pond, Kirimsa Temple, Flying Horse (Chongma-Chong) Tomb, Bulkuksa Temple and Sokkuram Grotto.

The trip includes two nights lodging, round-trip airfare, sight-seeing tours and five meals.

BOSS is a Morale, Welfare and Recreation program dedicated to enhancing the lives of single and unaccompanied Soldiers throughout Korea.

For information or to sign up, call your local Community Activities Center, BOSS representative, or 725-6070.

Tsunami Relief Taxbreak

President Bush signed Congressional legislation permitting donors to receive a tax deduction on their 2004 taxes for cash contributions made for tsunami disaster relief to domestic, tax-exempt charitable organizations that provide assistance to individuals in foreign lands. To qualify for the 2004 tax year, gifts must be made by Monday. For information, visit www.irs.gov.

Sexual Assault Web Site

The Army launched a Web site at www.sexualassault.army.mil, to promote steps leaders and Soldiers at all levels can take to prevent and respond to instances of potential sexual assault. The site includes links to Training and Doctrine Command training materials.

Commissary Offers Scholarships

The deadline to apply for the Scholarships for Military Children program is Feb. 6. Applications for the \$1,500 scholarships are due at a commissary by close of business on that date. Applications are available at all commissaries, or online at <http://www.militaryscholar.org>. The scholarship program is open to children of military retirees, active-duty, and Guard and Reserve servicemembers. At least one scholarship will be awarded at every commissary location with qualified applicants.

Estate Claim Notices

A summary court martial officer has been appointed to oversee the estate of Thomas L. Knipper, who died Oct. 27. Knipper was a program analyst with Far East District. Anyone with a claim against his estate may call Jason Kim, at 721-7247.

A summary court martial officer has been appointed to oversee the personal effects of Sgt. 1st Class Edward A. Moore, who died Jan. 16. He was the NCOIC of the Casey-Hovey Range Control Center. Anyone owing debt to, or claiming debt against, the estate should contact Maj. Jeffery Watson at 723-6856 or jeffrey-watson@korea.army.mil.

Morning Calm Weekly Submissions

To submit an item to News and Notes in The Morning Calm Weekly, e-mail the item to morningcalmweekly@korea.army.mil.

'Team 19' sponsors DMZ tours

By Sgt. Jimmy Norris

19th TSC Public Affairs

Armed guards, barbed wire, infiltration tunnels and coast-to-coast land mines are hardly things people tend to associate with tourist attractions, but for Soldiers and civilians in the 19th Theater Support Command, they can be exactly that.

Thanks to the 19th TSC Civil Military Operations Office, members of Team 19 regularly receive the opportunity to visit Korea's infamous Demilitarized Zone, the 150-mile long, two-kilometer wide, "no man's land," separating the democratic south from the communist north.

"It's an interesting tour, and it pretty much gives you the full definition of why American Soldiers are here," said Spc. Kenneth Dillingham, Headquarters and Headquarters Company, 19th TSC.

Dillingham is one of the Soldiers who help coordinate the tour for the 19th TSC.

The trip begins at Dongdaegu Station. After a two-hour ride to Seoul on the KTX, participants board a bus for a one-hour ride north, for a look at the DMZ museum and Tunnel Three.

The museum tour begins with a three-screen video presentation explaining the history of the DMZ. Following the movie, visitors can look around the museum, which displays a number of photos and artifacts relating to the Korean War, the DMZ's unique ecology and the Korean people's hope for reunification.

But the museum is just the opening



U.S. Army Photo

(Above) The sun begins to set over the North Korean 'Propaganda Village.' Though not part of the tour, the village is visible during a trip to the DMZ.

(At Right) North Korean soldiers snap photos of members of a tour group at the Demilitarized Zone.



act. The real draw on the first leg of the tour is Tunnel Three.

At two-meters wide and 1,635-meters long, Tunnel Three was at one time capable of allowing the passage of up to 10,000 Korean People's Army soldiers an hour for a surprise invasion.

Now, barricaded and guarded, the 250 meters of the tunnel open to the public offer a chance for hard hat-wearing tourists to travel underground

See DMZ, Page 4

COLA survey ends Feb. 7, comments still sought**175th Finance Command**

YONGSAN – Servicemembers stationed in the Republic of Korea have 10 days left to make a difference for themselves and each other by participating in the Cost of Living Allowance Survey.

From now until Feb. 7, the 175th Finance Command will continue hosting the COLA survey, available online at the 175th FINCOM Web site (<http://175fincom.korea.army.mil>). All servicemembers are encouraged to log on to the site and complete the survey.

"The primary focus of the current survey is command-sponsored servicemembers with family in Korea," said Sidney Keyes, Finance Policy Division, 175th Finance Command. "The data from this segment will comprise the core data.

"Equally important, however, is the supporting data we receive from unaccompanied personnel," Keyes said. "All surveys will be carefully considered and used by the COLA survey team to construct the 'big picture' before presentation to the Per Diem Committee."

The survey began Jan. 7. Since that time, more than 10,000 people have logged on and completed the survey. Keyes said the response has been good but more comments are needed.

Those who are unfamiliar with the survey should be prepared to provide information on the several issues, including: frequency of off-post shopping; names of off-post establishments regularly frequented; and

various expenses incurred because of assignment to Korea, such as phone cards or parking fees.

For questions or inquiries regarding the survey, Keyes suggested participants contact their installation COLA representative.

"He or she has been trained on all aspects of this endeavor and will be able to help you with questions about the survey," he said. For each installation representative's contact number or email address, go to the COLA

"Thanks to the participation of over 99 percent of eligible personnel during the last survey, all USFK servicemembers remained eligible for COLA"

— Sydney Keyes
175th Finance Command

link on the 175th FINCOM Web site.

Although COLA payment is decided by data based on family spending patterns, Keyes said once COLA has been awarded to a region, all members regardless of their status will benefit. "Thanks to the participation of over 99 percent of eligible personnel during the last survey, all USFK service members remained eligible for COLA which is based on rank, time in service, housing status, and exchange rate. Your participation is the key element to our success," he said.

The site is available 24 hours a day from any computer with Internet access. A COLA information site, tutorials and COLA survey points of contact are also available on the FINCOM Web site.

Soldiers capture insurgent, destroy munitions caches

By Spc. Andy Miller

Army News Service

LATIFIYAH, Iraq — Task Force 2nd Battalion, 12th Cavalry Regiment Soldiers found five weapons caches while apprehending an anti-Iraqi insurgent in the Latifiyah area of north Babil Jan. 18.

Working off a tip gathered while on site, TF 2-12 Cav Soldiers, working with their attached Estonian light infantry platoon, ‘Stone,’ found the weapons caches totaling more than two tons of raw explosives, dozens of artillery and mortar rounds, and an assortment of grenades, anti-personnel mines, armor-piercing ammunition and launchers.

Sgt. Samuel Jones, a Task Force signal systems support specialist who works as a radio operator with the Stone Platoon, recalled the events leading up to one of the bigger finds of the day; two tons of raw explosives.

“We detained our main objective and were waiting, and then one of our sources came up and said there were caches on another guy’s land further off our objective. He had already been in jail for planting [vehicle-borne explosive devices], so we and Annihilator went to his land,” Jones said.

“We just kept going, going, going, and when we got 300 meters off of his land we found these white sacks,” he said. “So we started digging these white sacks out of the ground ... about seven feet into the ground we pulled out 26 sacks.”

The find, two tons of raw explosives, resulted in the first of three controlled detonations an explosive ordnance disposal team made on site that day.

“It was like a nuclear bomb to tell you the truth, the ground actually went

up and then it pushed up like mushroom cloud,” Jones said of the controlled detonation. “I was sitting there thinking about if that was an improvised explosive device. There would be nothing left.”

After finding the cache of explosives, the Task Force Soldiers conducted a more thorough sweep of the area, consisting mostly of farmland. Capt. Andrus Meriloj, the Stone Platoon commander, explained how his troops found the buried caches using metal detectors.

“When we found the first spot it was actually easy because there were signs that something was there,” Meriloj said. “Then one squad was searching in one place, and two others in different places. That’s how we found caches in the different places. It was just luck, and some experience we have gained here.”

Jones, who has worked with all three rotations of Estonian Soldiers who have been attached to TF 2-12 during the past year, said he wasn’t surprised to see the Estonian troops find caches on this farmland. It was their second time searching the property, and during their first search they had found a cache as well.

“They are a first-rate organization by any standard. They’re disciplined, they’re brave and they are competent in what they do. They’re very thorough searchers and they’re good in a fight,” said Capt. Dave Perry, TF 2-12 Cav assistant operations officer. “So we’ve had at great experience working with the Estonians. They always achieve what they set out to accomplish.”

(Editor’s note: Spc. Andy Miller writes for the 122nd Mobile Public Affairs Detachment.)

DMZ

from Page 3

to within 170 meters of the DMZ.

Following the Tunnel Three tour, visitors again board the bus and move to Observation Point Dora, where they can view North Korea from a distance before going to Camp Bonifas and the Joint Security Area.

There, visitors receive an overview of the local geography and history, as well as a briefing on acceptable conduct while at the DMZ.

After the briefing, visitors go to the tour’s finale – the DMZ itself.

There, visitors have the chance to stand as close as 50 meters from armed North Korean soldiers and even take photos of them.

“It was a memorable sight,” said Cpl. Shin, Pil Ho, a Korean Augmentee to the U.S. Army Soldier assigned to HHC, 19th TSC’s Equal Opportunity Office. “Seeing South Korean [Military Police] and soldiers from North Korea guarding the area seems kind of intense, and it

kind of illustrates the situation between North and South Korea.”

Other highlights on the tour include: Freedom House, which was built with the intention of hosting reunions between families separated by the border; a one-hole golf course surrounded by landmines; the Bridge of No Return, across which prisoners of war were repatriated; and a memorial commemorating the 1976 Panmunjom Axe Murders, in which two U.S. Army officer were killed by North Korean soldiers in a dispute over the trimming of a tree.

While there have been no tours since Dec. 10, Dillingham said monthly tours will resume in March. The tour is free to U.S. Army Soldiers, KATUSA Soldiers and Department of the Army Civilians. Family members wishing to attend must pay for their own train ticket.

For information call Spc. Kenneth Dillingham at 768-8079.

AD
GOES
HERE



Lt. Col. William Huber, commander, U.S. Army Garrison, Camp Red Cloud, (left) leads a new task force Monday to develop tobacco-free installations.

"This is going to be reality."

—Lt. Col. William Huber



Area I tobacco sales are about \$4 million per year.



Camp Red Cloud smokers may have to cease using tobacco on the installation as early as May.

Garrison sets sights on smoke-free installations

Initiative could make Camp Red Cloud tobacco-free by May

By David McNally

Area I Public Affairs

CAMP RED CLOUD — Army officials announced Monday the formation of a special task force to eliminate the use of tobacco products on Uijeongbu Enclave installations.

"During my command, you will see a smoke-free installation," said Lt. Col. William Huber, commander, U.S. Army Garrison, Camp Red Cloud. "It is a state of mind. We can do this."

Huber challenged the group of community leaders to brainstorm tactics.

"This is going to be reality," Huber said. "It's not a matter of if we're going to do it. It is a matter of how we're going to do it."

Huber said he plans to use Red Cloud as a test bed and may direct implementation of the new policy as early as May 1.

"We have a great deal of command support," Huber said. "We're going to lead the way. As it is successful, it will move on."

The garrison is working closely with tenant units to craft the policy. The task force has representatives from fire, medical, senior noncommissioned officers and exchange officials.

Osan Air Base recently adopted a similar policy; however the garrison's move is a first for U.S. Army

installations on the peninsula.

"There is no bigger issue you could take up than this," said Capt. Neal Das, CRC health clinic officer-in-charge. "Since 1964, 12 million Americans have died because of smoking and smoking-related diseases."

Twelve million people is about the population of Los Angeles, he said.

"Smoking remains the leading cause of preventable death," Das explained. "It has negative impacts on people at all stages of life."

Soldiers seek medical care for smoking-induced asthma and other tobacco-related illnesses at U.S. Army health care facilities.

Huber said he may consider some designated tobacco areas on CRC.

"But we're not going to have one outside every building," he said. "We may make the CRC pavilion and a few other sites smoking areas."

The tobacco-free task force will help craft a campaign to explain the new policy.

Kenneth Cobb, the Area I health promotion coordinator, explained how his tobacco-cessation classes offer help to nicotine addicts.

"What I try to do is provide them with something they can do as a substitute," Cobb said.

"People who are hooked on nicotine, make no doubt about it, they are addicts."

Cobb presents weekly classes at Camp Casey and Camp Red Cloud

See **Smoke-free**, Page 8

Camp Red Cloud planning board meets

Officials announce funding for club renovation, new projects

By David McNally

Area I Public Affairs

CAMP RED CLOUD — Community and unit representatives met Monday to discuss future projects and plans at an installation planning board meeting here.

"There are a lot of things going on at Camp Red Cloud," said Lt. Col. William Huber, U.S. Army Garrison, CRC, commander. "Some of it is behind-the-scenes, a lot of it you will notice right away."

One major project is the release of some of the camp to the city of Uijeongbu.

"This all started in April 1995 when the Republic of Korea requested the release of the front portion of CRC," said Edward Harris, USAG, CRC director of public works.

A formal agreement signed last year started the project moving toward fruition. The city paid \$800,000 to the U.S. Army to begin the project's design phase.

"We will see \$10 million in new construction on CRC," Huber said. "It's a win-win for everybody."

Harris said the project would result in a new main gate, filling station, taxi stand, bus station and 2nd Infantry Division Band facility.

"We will release portions of the camp upon the completion of replacement facilities," Harris said. "We may see some construction begin by late summer."

Huber said the new taxi stand and bus station are planned for the commissary area.

"This will reduce 'bag-drag' for Soldiers getting out of a taxi or bus," he said. "We want to locate these facilities near the barracks."

Morale, Welfare and Recreation announced approved funding for a complete renovation of Mitchell's Club.

"Mitchell's Sports Grill will be a reality this year," said Scott Meredith. "We have \$395,000 approved for construction."

The new Mitchell's will offer flat-panel monitors to show sporting events and music videos.

Construction of a second floor above the current banquet room will add a cozy lounge atmosphere, Meredith added.

"The second floor is going to be like an English pub," Huber said. "I think there's going to be a direct return on our investment. It will be a place where you can go after work and relax."

The new facility will be similar to Bentley's Pub in the Dragon Hill Lodge at Yongsan Army Garrison in Seoul.

Huber also announced his intention to make a CRC Starbucks franchise a reality.

"I am committed to bringing Starbucks to Camp Red Cloud during my command," Huber said.

Army and Air Force Exchange Service officials confirmed they are pursuing solicitation of a Starbucks contract.

"This is your installation," Huber told the audience. "I see my job as bringing quality of life to off-duty time."

—Lt. Col. William Huber

"I am committed to bringing Starbucks to Camp Red Cloud during my command."

E-mail david.mcnally@us.army.mil

NEWS & NOTES

Papa Roach Concert

Papa Roach will perform at 7 p.m. Friday at the Camp Essayons Physical Fitness Center and at Camp Casey's Carey Physical Fitness Center 9 p.m. Saturday. Admission is free. In Uijeongbu, a shuttle bus will go from camps Stanley to Kyle to Sears to Essayons. It will depart Stanley at 5 p.m. There will be a second bus from Camp Jackson to La Guardia to CRC to Stanley leaving Jackson at 5 p.m. The buses will reverse the route after the concert. Buses will leave from bus stations at each camp.

Comedy Show

The Morale, Welfare and Recreation show "Comedy ROK's," featuring comedians Eric Clark, Caine Lopez and Tobe Hixx, will perform throughout Warrior Country at 7 p.m.:

Tonight - Camp Hovey Borderline Cafe

Saturday - Camp Red Cloud Mitchell's Club

Sunday - Camp Stanley Reggie's

Swim Instructors Needed

The director of community activities is looking for volunteer swim instructors. If interested, call 732-6869.

Tax Centers Open

■ The Camp Casey Tax Center will open Tuesday in Bldg. 1876, and will be open 7:30 a.m.-6 p.m., Monday through Wednesday and Friday; 1-7 p.m., Thursday and 9 a.m.-4 p.m., Saturday.

■ The Camp Stanley Tax Office will open Feb. 8 in the Community Activities Center, and will be open 9 a.m.-5:30 p.m., Tuesday, Wednesday and Friday; 1-7 p.m., Thursday and 10 a.m.-3 p.m., Saturday.

Super Bowl Fryer

Camp Casey's Primo's Club is hosting a Super Bowl party at 7 a.m. Feb. 7. There will be free coffee and hot chocolate, breakfast pizza at \$.50 per slice and prizes.

AAFES Facility Closures

Most Area I AAFES facilities will be on holiday schedules during the Lunar New Year holiday Feb. 8 - 10. Check local facilities for hours and closings.

Upcoming Concerts

Norah Jones will perform at the Conference and Exhibition Center in Seoul March 5. The community activities centers on camps Red Cloud and Stanley have tickets for sale for this event, ticket price includes round-trip transportation provided by the CAC. Tickets are limited; contact the CAC for prices and availability.

Thrift Savings Plan

The Thrift Savings Plan open season has closed. The next open season will be from April 15 - June 30. Participants can only make changes to their plans during these time periods.

New Seoul Web Site

The Seoul Metropolitan Government launched a new service to provide bus maps and schedules in English on its Web site at <http://english.seoul.go.kr>. In addition to schedules, the site offers information on fares and transfers.

Valentine's Candy-grams

The Camp Red Cloud Better Opportunities for Single and Unaccompanied Soldiers is selling Valentine's Day candy-grams now through Feb. 8. The cost is \$6 and includes a box of chocolates and a card. Candy-grams will be delivered around CRC Feb. 14. Contact your CRC BOSS representative to purchase one.

Camp Page prepares for turnover



MARGARET BANISH-DONALDSON

Community and unit leaders take a Camp Page 'terrain walk' to see first hand what needs to be done before U.S. forces turn over the base to the Republic of Korea. The official turnover is scheduled for Dec. 1, 2005; however, most American personnel will depart before March 31.

Troops celebrate MLK legacy

By Pfc. Stephanie Pearson

Area I Public Affairs

CAMP RED CLOUD — Area I servicemembers and civilians paid homage to the legacy of Martin Luther King Jr., at a luncheon in his honor Jan. 18 at Mitchell's Club.

"I am reminded of a time when the movies were in black and white and so was everything else," said Sgt. 1st Class Darrell Means, 2nd Brigade Combat Team rear detachment noncommissioned officer-in-charge and the guest speaker for the event. "I am reminded of a time when people like John Brown and Frederick Douglas, Malcolm X and Martin Luther King Jr. paved the way to what we stand for right here today."

Means praised the work of King and his followers, and encouraged everyone in attendance to continue living the dream of equality. He also honored the strength of those who supported and fought with King.

"Martin Luther King Jr. not only reflects on racism and inequality," he said. "He is also a reflection of a very strong heritage; of a people who would not stop until they took their places in a free society. It is of the utmost importance that we move forward in our history, that we do not use that social crutch — the color of one's skin — as a means not to attain success in our lives. We must continue to progress forward, in order that our children will have a great history to reflect upon; so that they, too, can become great leaders."

Means expounded on the message of peace and hope King preached.

"The sound of the name Martin Luther King Jr. is not the echo of a 9 mm gun," he said. "Nor it is a drive-by

shooting on our city streets. It is not the voice of a man proclaiming that no matter what he does, nothing is going to change. It is not your stereotypical man who cannot, and will not, adjust to societal norms.

The absolute sound of the name Martin Luther King Jr. is one of epics. It is of a man who does have a dream. It is the sound that echoes higher education, commitment to one's family, and strength and togetherness in the church. It is of a man who is not just a dreamer, but has a dream that has been molded by his upbringing and his thirst for a better day. It is of a people who realize that they must continue to keep living the dream, for if not, our children will live a nightmare.



PHOTO COURTESY NATIONAL ARCHIVE

Martin Luther King Jr. stands in front of a portrait of Mathama Ghandi.

"As we celebrate Martin Luther King Jr.'s birthday, we recognize this fact — that the man who leaves this world a better place, never leaves," Means said.

"Our history continues. We must be willing to carry that torch that has been lit by our past and present leaders. So, I say to you — do not look at the name Martin Luther King Jr. as if it were a one-way street; do not look at the initials MLK and assume that it is all your eyes can see; look further, and you will find that we are in debt to many who went the extra mile and have taken their places in our great history. This celebration of Martin Luther King Jr.'s birthday can never be voiced loud enough."

Means ended his speech with a quote from the Bible, encouraging everyone to listen to the message of King: "He that has ears to hear, let him hear."

Maj. Gen. George A. Higgins, 2nd Infantry Division commanding general, followed Means with some closing remarks.

"When I think of Dr. King, three words come to mind," he said. "The first is vision. Here is a man who had vision. You can use the word dream if you like, but sometimes your dreams in life don't come true and sometimes they do. But if you have a vision and start moving toward that vision, that's a very powerful thing."

"Then I think of the word courage," he continued. "On April 4, 1964, a radical fool killed a great man. But Dr. King understood that if he was going to have a vision, and provide the leadership to move the nation in the direction of his vision, he was going to have to take risks in life. We ought not to remember

See **MLK**, Page 8

Community honors top volunteers

By Pfc. Stephanie Pearson

Area I Public Affairs

CAMP CASEY — Area I Army Community Service hosted its volunteer of the quarter luncheon Jan. 19 at Camp Casey's Warrior Club to honor the commitment of its top volunteers.

The ACS treated its volunteers and guests to lunch and a performance by a traditional Korean dance group. The volunteers were then recognized for the support they have given.

"Volunteers play a very important role in our community," said Erlinda Walter, Army Volunteer Corps coordinator. "Everyone who volunteers deserves to be recognized for going beyond the call of normal duty and giving back to the community."

Walter explained how the ACS established a formal recognition program to ensure volunteers are rewarded for their efforts.

"Without volunteers, the Army's capacity to do more would be diminished," she said.

In Area I, volunteers help out in many ways, including teaching English- and Korean-as-a-Second-Language classes, cooking, answering telephones and devoting their free time to help Soldiers, family members and the local community, Walter said.

"They play an important role in linking the military with manpower, talent and skills that would otherwise be unavailable and creating an environment of cooperation with the civilian community," she explained.

Col. Jeff Christiansen, Area I commander, presented thirteen individual nominees certificates of appreciation.

Charito Kinney, a volunteer at the Camp Casey Pear

See **Volunteers**, Page 8



Pfc. Stephanie Pearson

Korean performers entertain guests with a traditional fan dance Jan. 19 at an Army Community Service volunteer luncheon.

Warriors battle it out in Artic Golf Challenge

By Capt. Stacy Picard

Detachment A, 509th Personnel Services Battalion

CAMP CASEY — Thirteen Camp Casey warriors took golfing to a new level Jan. 3 with the "Artic Golf Challenge."

The tournament was different from previous golf events. Golfers had to don artic gear in this off-season competition.

"Adding the cold weather equipment increased the challenge for those avid golfers and evens out the playing field for those less experienced," said Master Sgt. Michael Rizzo, Headquarters and Headquarters Detachment, U.S. Army Garrison, Camp Casey. "The event was created to build camaraderie and challenge

golfers on all levels."

The Directorate of Plans, Training, Mobility and Support staff hosted the event.

"The event is supposed to be fun and not as competitive as the previous ones we've hosted," Rizzo said.

The extreme cold weather suit consisted of Polypro top and bottoms, Gortex jacket and pants, vapor barrier boots and gloves.

"This is not your typical golfing garb," Rizzo said.

Golfers said the outfit added a different kind of challenge.

"Normally, wearing gloves designed for the sport, your grip is much tighter," said Capt. Jason Piechowiak, HHD, USAG, Camp Casey. "You can control your club better with them."

Piechowiak said the unique uniform added a sense of clumsiness most players normally lack.

"It was fun to watch those with more experience trying to maneuver their clubs with the equipment provided," he said.

The Camp Casey Centralized Issue Facility issued the vapor barrier boots for participants to use.

"All the agencies who participated, including the Indianhead Golf Course and Centralized Issue Facility, were very cooperative," Rizzo said. "Their support made this event easy to plan."

Rizzo said the hardest part of the event was getting people out here to play.

A friend approached Master Sgt. Max Bryars, Division Support Command, and asked him take part in the event.

"This golf scramble was challenging enough and a lot of fun," Bryars said. "I definitely would encourage others to participate in future golf tournaments."

Bryars was a member of the winning team.

The event was a positive experience for all participants regardless of experience level, Piechowiak said.

"It was great to see golfers on all levels out there having fun and enjoying the game," he said. "One major twist was teeing off at the eighth hole while strapped into a snowboard. The snowboard was a challenge."

Event organizers presented awards for first- through third-place teams, the longest drive and the closest to the hole on the eighth hole.

The next golf tournament will be the "Twilight Golf Challenge" planned for March.

Rizzo said his e-mail address is michael.a.rizzo@korea.army.mil for information on how to participate.

E-mail stacy.ann.picard@korea.army.mil



COURTESY PHOTO

Capt. Jason Piechowiak, Headquarters and Headquarters Detachment, U.S. Army Garrison, Camp Casey, tees off at the Camp Casey 8th hole in nontraditional golf gear.

Smoke-free

from Page 5

health clinics. At the class, Soldiers can get prescriptions for nicotine patches and other aids to help kick the habit.

Huber foresees an opportunity for all Soldiers and civilians to attend the classes before the policy goes into effect.

Cpl. Joo Jae-young, Headquarters and Headquarters Company, Area I, has smoked cigarettes for about ten years.

"This policy will make it inconvenient for smokers," Joo said. "I feel I have a right to smoke, unless it makes other people uncomfortable."

Garrison officials hope to effectively market the new policy to smokers.

"I think it will impact me greatly," said Spc. Joseph Vail, HHC, Area I. "I don't want to have to walk wherever just to smoke. It's like you're taking away my freedom to smoke. It's discrimination."

Some nonsmokers expressed mixed feelings about the initiative.

"It's unfair for the smokers," said Sgt. Maria Lastrella, HHC, Area I. "I

don't like cigarette smoke, but the new policy may be a good thing."

Army and Air Force Exchange Service officials said tobacco accounts for about four percent of Area I sales.

Daugherty explained how AAFES owns the inventory for tobacco products, even those sold in military commissaries.

"Area I tobacco sales are about \$4 million a year in Area I," he said.

A share of the profits goes to Morale, Welfare and Recreation.

"We're a military command and a military agency," said Ronald Daugherty, AAFES Northern Region general manager. "We have to be business minded. Any reduction in sales will affect MWR dividends."

Daugherty said last year the MWR dividend for Area I was \$4.9 million.

"The tobacco portion was approximately \$200,000 of that," he said.

In addition, MWR tobacco sales bring in about \$40,000 in profits annually.

"I'm willing to invest \$240,000 in lost profits to my MWR programs and club systems," Huber said.

"What you don't see is how many less people the medical facility is going to see, which is going to improve their readiness to serve Soldiers that have greater needs," he said

The task force will meet again in February, Huber said.

E-mail david.mcnally@us.army.mil

Tobacco Facts

- One in four Americans smokes. One in five deaths in the United States is related to tobacco.
- Medical costs resulting from treatment of tobacco-related illnesses total more than \$50 billion annually.
- Secondhand smoke contains twice as much tar and nicotine as that which is inhaled by the smoker.

SOURCE: WWW.HEALTHEDCO.COM

MLK

from Page 6

him, and all those men and women who have lost their lives in Iraq and Afghanistan, because of the fact that they died, but because they had the courage to walk among us and give us inspiration.

"The third thing that comes to mind is perseverance. Hanging in there, sticking to it in the face of danger, frustrations and setbacks, and having the strength of your convictions and the leadership that you need to move the nation in the right direction. It takes enormous amounts of perseverance to realize a vision," Higgins said.

"Those three thoughts – vision, courage and perseverance – are tied together with something very important," he said. "That is faith. In your darkest hours, what will get you

through is your faith. You've got to remember that. This man had enormous faith."

Higgins said that for him, it all comes down to the business of leadership; the leadership King displayed in moving the United States from where it was to "the vision that the founding fathers had."

"The founding fathers may not have lived by it," Higgins explained, "but they wrote it down: 'We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men.' Dr. King understood that. We ought to be very grateful."

E-mail stephanie.a.pearson@us.army.mil

Volunteers

from Page 7

Blossom Cottage, was named volunteer of the quarter.

"Seven panel members reviewed nominations and scored each submission according to established selection criteria," Walter said, explaining the selection process. "Mrs. Kinney was nominated for contributing over 500 hours of volunteer support. During this time, her commitment to Area I families contributed to the success of numerous programs and events honoring and supporting Soldiers, families and civilians. She also played

a vital role during the Camp Garry Owen Pear Blossom Cottage closure and donated her culinary skills in support of the Thanksgiving Luncheon. Mrs. Kinney is also an Army Family Team Building instructor."

Headquarters and Headquarters Company, Division Support Command, was selected as volunteer unit of the quarter. Army Community Service awarded engraved plaques to Kinney and the Soldiers of HHC, DISCOM.

E-mail stephanie.a.pearson@us.army.mil

AD
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Valor 6: Personal conduct a concern, problem

By Col. Timothy McNulty

Area II Support Activity Commander

YONGSAN — At the start of the New Year there has been a series of juvenile crimes and misconduct that has caused me to have some concern.

I personally know, as a father of five children, how difficult it is to raise children in today's military. There are more frequent and longer deployments that are becoming customary in today's military. Here in Korea the mission is difficult, requiring long hours and dedication to duty for a parent, or both, leaving youth to spend more time alone.

However, mission requirements and deployments do not warrant misconduct and bad behavior. As the Area II commander, I have observed a slight decrease in juvenile misconduct within the last year. However, the offenses committed by juveniles have been serious in nature. In 2004, there were 20 assault cases, 19 curfew violations, 42 shoplifting and 28 underage-drinking incidents.

In the beginning of this New Year we had an incident involving a juvenile where marijuana was found in their possession. In other incidents this year, a bus stop and Christmas decorations on South Post were vandalized.

As the Area II commander, I am responsible for the operation and administration of civilian and family member conduct-review boards, to include imposing administrative sanctions against Area II family members who fail to comply with legal and community standards of personal conduct.

The individual with marijuana was sent back to the United States on an early return sanction and the juveniles involved in vandalism were identified and mandated to perform community service for a period of time.

Other sanctions can take the form of a warning letter and suspension of specific privileges.

Again, I know the mission here in Korea is very difficult for all U.S. Forces Korea personnel living in and around Yongsan, and spending time with kids does not happen as frequently as we would like. My only suggestion is get your kids involved in some after-school activity or club.

If you need contact information about any of the programs that are offered in Yongsan, contact my public affairs office at 738-7355.

Also, if you want to find out what I can do if your kids get in trouble, contact the Area II Law & Order Officer, Ricky Oxendine, at 738-4361/4414 or at OxendineR@usfk.korea.army.mil.



Col. Timothy McNulty



Sgt. 1st Class Victor Harris, 304th Signal Battalion, checks the firing position for one of his Soldiers during a field training exercise Jan. 19.

Combat vets teach newbies school of 'hard knocks'

By Alex Harrington

Area II Public Affairs

NEAR CHUNGJU — Surrounded by Soldiers in Korea's freezing temperatures, Staff Sgt. Timothy Mose, Company A, 304th Signal Battalion, 1st Signal Brigade, instructs what to do if their convoy is attacked during a field-training exercise.

Mose is one of many returning Iraq and Afghanistan war veterans who are using their experiences to train young Soldiers who some day could be heading to the danger zone.

The young Soldiers fixed their attention on Mose's every word, pushed out with steam in the numbing temperatures. A few of the Soldiers just wanted to get out of the cold into a warm, comfortable tent.

However, many of the returning combat vets realized how important this training was.

"As a returning combat veteran, I see this type of training as life or death," said Sgt. Devin Calbo, a signal Soldier with 304th Signal Battalion. "Learning basic Soldier skills can save their life if found in a life-threatening



PHOTOS BY SGT. ANDREW KOSTERMAN

Staff Sgt. Timothy Mose (left) listens to Sgt. 1st Class Victor Harris make a point about the Soldiers firing positions during a training exercise held near Chungju.

situation in a combat environment."

Having deployed three times since he joined the Army 14 years ago, Mose knows far too well how important this training is.

"I try to convey how important this

type of training is to the young Soldiers," Mose said. "Our men and women are dying over in Iraq and Afghanistan. The more they know

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"...I see this training as life or death."

—Staff Sgt. Timothy Mose, 304th Signal Battalion

Army deploys new version of resume builder

By Pfc. Park Yung-kwi

Area II Public Affairs Office

YONGSAN — The Department of Army deployed a new version of the resume builder, RESUMIX, and resume follow-up system, ANSWER, Jan. 27 following changes at the Office of Personnel Management's new Recruitment One-Stop initiative. Compared to the existing system, it is more modernized and simplified for less process.

Founded in 1988, RESUMIX was a pioneer in the recruitment automation marketplace. With the mission to help

companies reduce the time and cost of hiring great people, RESUMIX was the first to demonstrate how software could streamline and accelerate the recruiting process.

A key difference between the old and new version is the combining of RESUMIX and ANSWER into one application, resulting in more benefits to applicants.

With one login, applicants can easily access both RESUMIX and ANSWER. Copy, cut and paste features are also updated and enhanced. Also, new job entries will

See **Change**, Page 10

NEWS & NOTES

Commander's Hotline

Area II residents who have questions or comments for the Area II commander, can voice them by e-mailing areaitownhall@korea.army.mil or by calling 738-5017.

Traveling By Bus In Seoul

Those confused by the Seoul City Bus system can log on to <http://english.seoul.go.kr> for information on bus routes and fares. Other information is available

Annual Red And White Ball

The Delta Sigma Theta sorority is hosting its annual Red and White Scholarship Ball 7:30 p.m. - 1 a.m. Feb. 12 at the Dragon Hill Lodge in the Najja Ballroom. Tickets at \$25. Dress is formal. Call (02)3474-2992 or e-mail redwhiteball@yahoo.com for information.

Bring Your Family To Korea

Bring your family to Korea for a visit with USO Reunion in Korea program. The USO will organize flights, hotels, tours and more. The next Reunion in Korea program dates are April 18-21. The application deadline for these dates is Feb. 26. For information, call the USO at Camp Kim at DSN 724-7781, 724-3301 or visit www.uso.org/korea.

Yongsan Library Online

The Yongsan Library has a new Web address. It is <http://yomgsanlibrary.net>. The library also has added one more "Story Hour" session on Tuesdays for children 2 years old and younger. From 10 - 11 a.m. is story hour for preschoolers, ages three to five. Story hour for children two and younger is 11 a.m.

No-Host Benny Havens Social

All West Point graduates are invited to a no-host Benny Havens Social March 5 at the Dragon Hill Lodge.

For information, e-mail RoundsM@korea.army.mil.

Job Vacancy For Inspector General

The Inspector General's office for the 8th U.S. Army and U.S. Forces Korea are looking for qualified Soldiers, sergeant first class or promotable in the following specialties: 42L, 42A, 11B, 31B and 31K. Also, officers in the rank of captain to lieutenant colonel are encouraged to apply. For information, e-mail bryants@korea.army.mil.

Racquetball Tournament

Active-duty military personnel within Area II interested in participating in the Area II Men's and Women's Racquetball Tournament Feb. 19-21 must register at Collier Field House by Feb. 13. Top finishers in selected age groups will compete in the 8th U.S. Army Racquetball Tournament March 2-5 at Camp Hialeah. For information, call 738-8608.

Bataan Memorial Qualifier

The 8th U.S. Army Bataan Memorial Death March will be Feb. 19 at Camp Caey's Hanson Field House.

Registration for the 13.1-mile road march is 6 - 8:15 a.m., with course briefing at 8:30 a.m. The race begins at 8:45 a.m. The event is open to active-duty servicemembers assigned to 8th U.S. Army installations. Those who qualify will be included in the 8th U.S. Army team that will participate in the Bataan Memorial Marathon Road March at White Sands Missile Range, N.M. For information, call DSN 730-2322.

New technology at Yongsan FD to help first responders save lives

By Pfc. Park Yung-kwi

Area II Public Affairs

YONGSAN — Area II Fire and Emergency Services Division added its new T3 Bullard Thermal Imaging Camera this past month to its arsenal of firefighting equipment.

By purchasing the thermal imaging camera, firefighters and emergency rescue crews expect a quick response to most urgent situations. The camera will help them save time and reduce property damage.

A thermal imaging camera is a sophisticated device that detects any type of heat -- including infrared energy -- which helps firefighters to search out and rescue potential victims in burning or smoke-filled buildings and wooded areas.

"This is one of the most exciting new technologies to emerge for the fire and rescue emergency service in decades," said Moses Gibbs III, Assistant Fire Chief of Area II Fire and Emergency Service Division. "The Infrared technology offers a new vision of the fire scene."

Gibbs also emphasized other practical uses of the thermal imaging camera.

"The camera will lend vast information at any emergency incidents such as car accidents and hazardous material investigations, and will increase personal safety in the new era of domestic preparedness," he said.



Park Yung-kwi

So, Tae-won, Crew Chief of Area II Fire and Emergency Services Division, demonstrates how to use the thermal imaging camera properly.

The camera can help first responders in emergency situations. According to Yongsan Fire Department personnel, its uses include:

- The ability to identify any liquid leak at the scene of an auto accident. This new technology will increase early protection from potential hazardous situations;
- It helps to identify the amount of product in certain containers, as well as

to identify the presence, location and movement of a leak;

■ Firefighters can use the camera to protect themselves from a terrorist act or a suspicious fire, and;

■ The ability to search questionable parcels or containers. Items can be scanned with the thermal imager to determine if they are generating heat.

E-mail Yungkwi.Park@korea.army.mil

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Change

be entered at the beginning of the resume automatically. This allows applicants more flexibility. Instead of inputting one's job experience in six-individual boxes, the new version provides one large text box. Guidelines and help menus also assist applicants enter information throughout the process.

"The new system is a welcome and much-needed change," said Collette Newman, Human Resource specialist with Area II Civilian Personnel Advisory Center. "The current system allows applicants to document six work-experience blocks in their resume, which can be a bit cumbersome to update the resume but under the new system the applicants will be given a space of 12,000 characters to describe their work experience and allows them to freely manipulate information and update resume."

However, the new version of RESUMIX and ANSWER does not support the infrastructure changes between the old and

new version; therefore, an automatic transfer of one's resume is not available. In order to store the resume in the new system, individuals must first access the new Resume Builder. The existing account user needs to log in as a registered user to create the resume after registration information is verified. Applicants are recommended to do this by accessing ANSWER and copying their resume into a word document. This allows users to cut and paste the resume in the new Resume Builder.

Most applicants confuse the Resume Builder with RESUMIX databases, but they are two separate systems. The Resume Builder is designed for personal use in applying for jobs within Army. On the other hand, Centralized RESUMIX is a database which evaluates resumes for specific job openings.

E-mail Yungkwi.Park@korea.army.mil



Sgt. Andrew Kosterman

Repeat after me

Capt. Thomas C. Kim, Area II Support Activity, instructs students in an English-language class at the Yongsan-gu Welfare Center. Because of the popularity of the program, Kim said he is looking for volunteers to assist him with the class. For information, call Kim at 738-7915 or Sgt. Andrew Kosterman at 738-7355.

Vets

from Page 9

what to do in a combat environment and more they have a good chance of not getting hurt or killed.”

Regardless of whom they are talking to, the returning combat vets always try to convey the seriousness of the training.

“I will get up in their (butt) and wheel them back in and stress how important this training is,” said Calbo. “From properly using their weapon to what to do in a convoy operation, the training they receive today may just well save their butts.”

Training in a non-threatening environment is a place to make mistakes said Sgt. 1st Class Victor Harris.

“During a convoy operation stopping at a red light here in Korea you just see local nationals walking around, who are not a threat,” said the Philadelphia native. “However, stopping at an intersection in Iraq is a prime opportunity for insurgents to attack.”

Harris added, “A lot of very bad things could happen in Iraq, and most likely will. This is why I stress to the Soldiers how vital it is to take what they learn out here in friendly surroundings and apply it to real-world situations.”

The experienced combat veterans take it upon themselves to mentor young Soldiers, to teach and encourage them to always do their best, and at the same time to pay attention to every detail.

“When I work with Soldiers I try to teach them how to pay attention to detail in any given tasks,” said Harris. “I point out the importance of maintaining their vehicle and weapon. I stress to the Soldier that when their vehicle breaks down in this type of friendly environment it is

“The training they receive today may just well save their butts.”

— Sgt. Devin Calbo



Sgt. Andrew KOSTERMAN

Staff Sgt. Timothy Mose, 304th Signal Battalion, troops the line of his Soldiers, who are taking up positions Jan. 19 in a trench near Chungju.

easy to get another part. But when their vehicle breaks down in a combat environment ... well, the Soldier will know how important it is to maintain their vehicle.”

Calbo also reiterated the necessity to pay attention to detail. “Little things can make a huge difference in a real-world environment. Mistakes are free over here

in Korea, but not in Iraq.”

The 304th Signal Battalion is conducting a battalion-level field-training exercise, which began Jan. 18. The exercise focused on force protection and Reception, Staging, Onward movement, and Integration network rehearsal.

E-mail HarringtonA@korea.army.mil

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Community News



Red Cross Communication Service Available

The Yongsan American Red Cross would like to remind servicemembers and families in the Yongsan area of a communication service available to them. The Red Cross sends messages to the U.S. Armed Forces stationed everywhere in the world. The ARC communication service helps keep military personnel in touch with their families following the death or serious illness of a family member or other important events, such as the birth of a child. The information or verification in the message assists the servicemember's commanding officer with making a decision regarding emergency leave. For information about this service, log on to <http://www.redcross.org>.

W-2 Forms Available on MyPay

Those who want to receive their W-2 forms faster should log on to <http://mypay.dfas.mil> to print out an electronic version of the W-2. The electronic W-2 is an IRS-approved method and can be used to file personal 2004 income taxes.

VFW Posts Overseas

There are Veterans of Foreign Wars Posts here in Korea. To learn about the VFW, log on to www.vfw.org. For information to the VFW post in Dongducheon, visit <http://www.vfw9985.org>.

Quit Smoking

Smoking Cessation Clinic hosts new groups every month for four one-hour sessions. Medication is an option with all four classes. Sessions are free to participants and self referral is preferred. For information, call 736-6693 or e-mail Ok.Suh@kor.amedd.army.mil.

Yongsan Tax Center scheduled to open

Area II Public Affairs

YONGSAN — Tax season is here, and by the beginning of February, many should have received all the necessary financial documents to file for the 2004 tax returns. As in years past, the Yongsan Tax Center will be offering free tax assistance to all eligible personnel in accordance with eligibility requirements of AR 27-3. The authority to provide this free tax assistance is in accordance with the Military Volunteer Income Tax Assistance program authorized by the Internal Revenue Service.

One must ensure that he or she has all the required financial documents before visiting the Yongsan Tax Center. The tax center is unable to serve customers without the proper documentation. Customers are required to have the following:

- military photo identification for the taxpayer and all dependents;
- a copy of taxpayer's and all dependents' social security card (this is mandatory);
- a Form 2848 (IRS Power of Attorney) if filing jointly without spouse;
- for direct deposit of refund, bank account and routing numbers; and
- all W-2s.

Each taxpayer should be aware of their own tax situation. This requires individuals to know which documents you must bring with you. Such documents may include, but are not limited to, documents reflecting alimony payments, mortgage payments, dividends, interest earned and capital gains and losses from sale of stocks, bond or properties.

The Yongsan Tax Center will be operating under an appointment basis, except for those people with less complicated tax returns. In other words, if a taxpayer only has W-2s and no complicated financial documents, they can get assistance on a walk-in basis. However, if

one has numerous financial documents, credits and deductions, they should make an appointment.

The taxpayer is the best person to determine if they should make an appointment. Be advised that this year, the taxpayer is required to be present while the staff prepares their return. The tax center cannot prepare any tax returns outside the presence of the taxpayer. Potential customers should keep this in mind when deciding to make an appointment. This may be time consuming, especially if the taxpayer decides to be served on a walk-in basis. Also note, if one does not have the proper documentation required (i.e. ID, social security card, bank information); they cannot be served until this documentation is presented.

The Yongsan Tax Center will have its grand opening 1 p.m. Monday and will remain open until the end of April. The Yongsan Tax Center is located at the Moyer Community Services Center, Room 113. It will be open 1 – 8 p.m., Mondays and Thursdays, 9 a.m. – 8 p.m., Tuesdays and Wednesdays, 9 a.m. – 4 p.m., Fridays and 10 a.m. – 3 p.m., Saturdays. Call 725-1040 for information.

Listen up



Col. Timothy McNulty, Area II Support Activity commander, briefs Korean employees at a town hall meeting Jan. 20 at Yongsan.

Ad goes here

Army seeks warrant officer candidates

By Sgt. 1st Class Tammy M. Jarrett
Army News Service

WASHINGTON — The Army is looking for candidates to fill some of its 45 different warrant officer specialties, including the new military occupational specialty 923A petroleum systems technician, authorized for Oct. 1.

With the Army’s transformation of “units of actions” and retirement, the Army Recruiting Command expects to fill more than 1,200 warrant officer slots this year, said Chief Warrant Officer 3 Anthony L. Edwards.

“The need has always been

there,” said Edwards, chief of the Warrant Officer Branch. “As the UAs increase, warrant officer slots increase.”

Interested Soldiers serving in the enlisted feeder MOSs of 92F, 92L or 92W with a minimum of five years of experience may now apply for the 923A specialty, which will hold its first board in November.

There are also five warrant officer specialties now open to all MOSs, three being in the signal field, said Edwards.

They are: 153A rotary wing aviator, 250N network management technician, 251A information systems technician, 254A signal systems technician, and 882A mobility officer, which was authorized two years ago.

“If you already have a degree in the information systems field (250N, 251A and 245A), you already have what they (warrant officer recruiters) are looking for...experience in the information systems world,” Edwards said.

Edwards said they are looking for active-duty personnel, regardless of service, with five to 12 years of experience. If a person has more than 12 years, then “we can get a waiver,” he said.



Then Sgt. 1st Class Roger Felix, now a first sergeant, explains the warrant officer application process to a group of interested candidates during a warrant officer briefing at Fort Benning, Ga., last April. Felix is a recruiter with the U.S. Army Recruiting Command.

WO Requirements

Candidates must meet several qualifications to join the warrant officer MOS. Requirements include:

- Be a U.S. citizen or naturalized citizen
- Have a GT score of 110 or higher
- Pass the standard three-event Army Physical Fitness Test and meet height/weight standards
- Pass a physical for technicians or for aviators
- Have a secret clearance (interim secret acceptable to apply)

Interested candidates must be eligible for and meet the minimum qualifications of the warrant officer MOS they are applying for. Some candidates may also be able to request a prerequisite waiver.

However, Edwards said, there are five non-waiver criteria every candidate must meet before applying for the Warrant Officer Program, including minimum GT score, physical and citizenship

requirements and age guidelines. The maximum age for applying for any of the warrant officer MOSs is 46, except for aviator, which is 29. Edwards said the maximum age for aviator will soon change to 32.

For information on the Warrant Officer Program, board and briefing schedules, and required forms and documents, visit the U.S. Recruiting Command Web site at www.usarec.army.mil/warrant.

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AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	Woman Though Art Loosed	Woman Though Art Loosed	Racing Stripes	Racing Stripes	The Incredibles	Alfie	Alfie
ESSAYONS 732-9008	Alexander	National Treasure	National Treasure	No Show	Spongebob Squarepants Movie	Alexander	Racing Stripes
HENRY 768-7724	Raise Your Voice	The Incredibles	Phantom of the Opera	Woman Though Art Loosed	No Show	No Show	No Show
HUMPHREYS 753-7716	Racing Stripes	Racing Stripes	Racing Stripes	Woman Though Art Loosed	Bridget Jones: Edge of Reason	Alexander	Alexander
HIALEAH 763-3120	Phantom of the Opera	Alexander	Bridget Jones: Edge of Reason	No Show	No Show	No Show	No Show
HOVEY 730-5412	Bridget Jones: Edge of Reason	Manchurian Candidate	Collateral	Woman Though Art Loosed	Racing Stripes	Blade: Trinity	Blade: Trinity
KUNSAN 782-4987	Meet the Fockers	Meet the Fockers	Woman Though Art Loosed	No Show	Woman Though Art Loosed	The Incredibles	The Incredibles



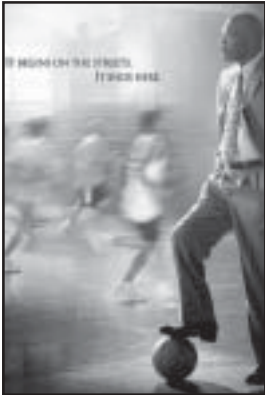
Bridget Jones: The Edge of Reason
Six weeks after the events in Bridget Jones's Diary, erstwhile London singleton Bridget Jones is still happily dating human-rights lawyer Mark Darcy. But eventually she starts to notice his flaws and begins wondering if he isn't interested in his new co-worker. Bridget's love life is further complicated when her former boss and flame Daniel Cleaver arrives on the scene, having landed a job at Bridget's TV station.



Racing Stripes
In the middle of a raging thunderstorm, a traveling circus accidentally leaves behind some very precious cargo, a baby zebra. The gangly little foal is rescued by horse farmer Nolan Walsh and brought to his Kentucky farm. The farm borders the Turfway Racetrack, where highly skilled thoroughbreds compete for the Kentucky Crown. From the first moment Stripes lays eyes on the track, he's hooked. He knows he can compete. What he doesn't know is that he's not exactly a horse.



The Incredibles
A dysfunctional family of famous superheroes, led by the retired and overweight Mr. Incredible is placed in a quiet suburb by the Witness Protection Program in order to protect them from their arch nemesis. But their peaceful existence is hardly that, with family disagreements sprouting up even during fights with the bad guys. And when the world is threatened, Mr. Incredible must go back to work to save the planet.



Coach Carter
Coach Ken Carter, who oversees the direction of Richmond High School's basketball program in California, found himself in the center of controversy when he locked out his entire varsity basketball team in order to motivate and push them to improve their grades. He was even prepared to cancel his entire season after 15 of his players failed to live up to the classroom standards they agreed to in a contract they had signed earlier in the semester.



Phantom of the Opera — A disfigured musical genius haunts the catacombs beneath the Paris Opera, waging a reign of terror over its occupants. When he falls in love with the lovely Christine, the Phantom devotes himself to creating a new star for the Opera, exerting a strange sense of control over the young soprano as he nurtures her talents. He's smitten and wants Christine for his own, but Christine falls in love with another. Feeling betrayed, the Phantom decides to imprison her in his lair.



Alexander — By the age of 32, Alexander the Great had amassed the greatest empire the world had ever seen. In between, his life was marked by a troubled relationship with his parents who were determined to put their child on the throne at any cost, including murder. Alexander led a vast army, as they fought from the battlefields of the Persian Empire across the snow-peaked mountains of India.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	Spanglish	No Show	Spanglish	Alfie	No Show	No Show	No Show
OSAN 784-4930	Coach Carter	Coach Carter	Coach Carter	Woman Though Art Loosed	Woman Though Art Loosed	Team America: World Police	Team America: World Police
RED CLOUD 732-6620	Racing Stripes	Bridget Jones: Edge of Reason	Bridget Jones: Edge of Reason	Woman Though Art Loosed	The Incredibles	No Show	Coach Carter
STANLEY 732-5565	Bridget Jones: Edge of Reason	Bridget Jones: Edge of Reason	Woman Though Art Loosed	Woman Though Art Loosed	No Show	Coach Carter	The Incredibles
YONGSAN I 738-7389	Coach Carter	Coach Carter	Coach Carter	Woman Though Art Loosed	Woman Though Art Loosed	Woman Though Art Loosed	Woman Though Art Loosed
YONGSAN II 738-7389	The Incredibles	The Incredibles	The Incredibles	The Incredibles	Surviving Christmas	Surviving Christmas	Surviving Christmas
YONGSAN III 738-7389	The Incredibles	The Incredibles	The Incredibles	The Incredibles	The Grudge	The Grudge	The Grudge

Worldly advice may lead away from higher purpose

Chaplain (Capt.) Brian D. Curry
1-72 Task Force

Have you noticed it seems that everyone is trying to give advice today? The advice industry makes millions each year telling us how to improve our lives. I turn on my television and I see so-called experts telling me to eat more protein, while another says eat less fat. I walk by racks of magazines telling me how to raise my kids. I can't even turn on the radio without someone giving advice on how correct or incorrect my political views are for our country.

Where we turn for advice will often shape what decisions we make. Adolescents start relying more on their peers for advice and less on their parents.

The result can be hurtful and may impact one's life for a long time.

I recently heard a quote about advice that said, "If it's free, it's advice. If you pay for it, it's counseling. If you can use either one, it's a miracle."

The Bible is full of Godly advice that truly is a miracle. Why? Because God's advice can impact your life in the positive direction that He created you to go. God's plan for each of us is totally unique. My plan and purpose in life is not the same as yours. God's advice is designed specifically for your situation. Experts don't know what you were created for, but God does.

My wife and I have three young boys and each one is unique. What works with one child doesn't

always work with the others. We have to approach each child differently. God created us with unique gifts and personalities for His purpose.

We must be careful not to place the world's standards on our lives and leave out God. The Bible is full of stories where people did things that were not the standard of the day. John the Baptist ate locust and honey and lived in the wilderness, Hosea the prophet married a harlot, and Jochebed gave up claim to her baby son, Moses. Yet, in each situation God's will was done.

The best advice I every received I pass on to you. Begin looking to God as the source of guidance and direction in your life. God says it this way in the Bible: "Acknowledge Him in all yours ways, and He will make your paths straight." I believe that is the miracle advice we all need today.

Area I Sunday Worship Services									
Distinctive Faith Group			Protestant			Protestant Gospel			
Islamic Prayers	Fri 1 p.m.	DISCOM Chapel	Sunday	8:30 a.m.	Happy Mountain Chapel	Sunday	11 a.m.	Memorial Chapel	
COGIC	Sun 12:30 p.m.	Warrior Chapel		9:30 a.m.	DISCOM Chapel		1 p.m.	Stanley Chapel	
Eucharistic Episcopal	Sun 5:30 p.m.	Stanley Chapel		9:30 a.m.	Essayons Chapel		1 p.m.	Howze Chapel	
Latter-day Saints	Sun 1 p.m.	Crusader Chapel		10:30 a.m.	Kyle Chapel	ROK/KATUSA Services			
Catholic				11 a.m.	Warrior Chapel	Sunday	1 p.m.	DISCOM Chapel	
Sunday	9 a.m.	Warrior Chapel		11 a.m.	Howze Chapel		6 p.m.	Warrior Chapel	
	9 a.m.	Howze Chapel	11 a.m.	Hovey Chapel	7 p.m.		Stanley Chapel		
	9:30 a.m.	Hovey Chapel	11 a.m.	Stanley Chapel	Protestant Contemporary				
	10:30 a.m.	DISCOM Chapel	11 a.m.	Crusader Chapel	Sunday		10 a.m.	Stone Chapel	
	11 a.m.	Essayons Chapel	noon	Castle Chapel			6 p.m.	Reggie's	
	noon	Crusader Chapel	1 p.m.	Jackson Chapel		6 p.m.	Crusader Chapel		
Daily	11:45 a.m.	Stanley Chapel							

Ad goes here



(Above) Youngsters bike past an Icheon pottery shop.
(Right) Tourists window shop at one of Icheon's many pottery shopping centers.



Icheon: A pottery hunter's delight

By Steve Davis

Area III Public Affairs

The lure of Korean pottery looms large at Icheon, about an hour from Seoul, where visitors can discover ceramic artistry with roots in the ancient world. According to the Korean National Tourism Organization, earthenware pottery ranks in the number one spot for most sought-after items by tourists and Icheon draws many visitors.

Icheon has been the center of Korean pottery production for the past 600 years because material for good pottery is readily available there. The town has more than 80 pottery factories with 300 kilns to fire pots for dozens of shops and showrooms displaying the works of local artists.

Icheon Ceramics Village, less than three miles north of Icheon at the village of Sukwangni, draws tourists from all over the world. There visitors can find pottery ranging from delicate celadon — a jade-green pottery that can cost hundreds of thousands of won when fashioned by top designers — to everyday tea sets, cups, dishes, ceramic vases and all sorts of other handcrafted pottery at bargain prices.

Ceramic shops and showrooms can be found throughout the Icheon area and even in the neighboring town of Yeosu. For shoppers intent on getting the best price, it's a good idea to browse the shops first to discover and compare the many items and prices available. Be sure to wear comfortable shoes and take a notepad to write down shop names and prices.

Though it may take a lot of work, before you know it you'll have a collection of pottery, one of Korea's most traditional and beautiful art forms.

If you go . . .

Local transportation: Take a bus to Icheon's Intercity Bus Terminal, then take the city express bus (Jwaseok bus) No. 114 and get off at the Icheon Ceramics Village. It's about a 10-minute ride.

Other pottery paradises: A variety of Korean pottery is available in traditional craft shops, department stores and galleries in Insadong and Itaewon in Seoul. The Gyeonggi Province towns of Yecheon, Yeosu, Gwangju, Jeollanamdo's Gangjin and Gyeongsangnamdo's Hadong are also known for their ceramicware.

The World Ceramic Biennale 2005 Korea will be held from April 23 to June 19 in the three major ceramic cities of Icheon, Yeosu and Gwangju. Call +82.31.1330 for tourist information (Korean/English/Japanese/Chinese).

Additional information: Visit the Korea National Tourism Organization Web site at www.tour2korea.com and search using the keyword "pottery" for links to a variety of museums, pottery villages and destinations.



Shoppers peruse the variety of pottery on display at this Icheon showroom.



White ceramic dishes await buyers.



Large pottery fountains perk.

A Korean pottery primer

Korea is world-renowned for a traditional jade-green pottery known as "celadon." Though "celadon" actually means "green," the term can be misleading because Korean pottery can typically be found in several other forms based upon the natural color of the material.

"Cheong-ja" literally means "blue/green porcelain." It is the ornate jade-green pottery most people typically consider as celadon. Cheong-ja (celadon) artistry was developed and perfected during Korea's Koryo Dynasty (918-1392 A.D.) Both the designs and shapes in Koryo celadon represented spiritual beliefs of the Korean people.

"Bun-cheong," or "brown celadon," is actually brown porcelain that heralds from the Chosun Dynasty of the mid-15th century. It became the daily standard for all classes of society, unlike ornate celadon, coveted by the more privileged.

"Baek-ja," incorrectly called "white celadon," made its appearance in the early 16th century and was widely manufactured and used by people throughout Korea.

"Onggi," a porous red-colored material known for its ability to "breathe," is typically used for storage vessels like kimchi pots.



January Birthday Party

Come and celebrate your birthday with your friends. Camp Red Cloud Community Activity Center will present a cake with candle. Come by today for all January birthdays. The party will start at 6:30 p.m.

MWR Super Bowl Party

The Annual Morale, Welfare and Recreation Super Bowl Party will again be held in the Main Post Club. Last year the club put on a party for nearly 300 football fans. This year in the newly renovated Underground Club, MWR offers festivities, including a "You Pick the Score" contest for the Grand Prize of 65" TV. The 17 NFL weekly Football Contest winners, plus the first 23 people waiting in line to attend the party, will get a chance to compete. So, If you didn't win a weekly NFL contest, come early to ensure a place among the first 23 in line. Everyone not included in the contest for the television, will still be able to play another "You Pick the Score Contest" for a round-trip ticket to the United States. Moreover, all guests will be eligible for an open drawing to win a 500,000-won Hyundai Department Store Gift Certificate. The day begins with a free buffet breakfast. The Main Post Club doors open at 6 a.m., Feb. 7.

Super Bowl Extravaganza

Mitchell's is the place to be for this year's Super Bowl on Camp Red Cloud. All the excitement kicks off on Mitchell's huge screen at 6:30 a.m. Feb. 7. Score a touchdown with a great breakfast buffet. Guess the closest to the final score and win a large screen TV. Cash and other great prizes will be given away throughout the game.

Wrestling invitational

Warrior Sports will host the Warrior Invitational Wrestling competition Feb. 12 at the Camp Stanley Fitness Center. This event is open to active-duty military personnel stationed on USFK installations in Korea. Weigh-ins and medical test will begin at 10 a.m. Competition starts 1 p.m. For information, call 732-6276/6927.

Pool Tournament

Camp Red Cloud Community Activity Center is hosting a pool tournament at 11 a.m. every Sunday. The winner will receive a coupon for dinner at Mitchell's. For information, call 732-6246.

Sunday Bowling Tournament

Visit and enjoy the weekly bowling tournament at Camp Red Cloud Bowling Center every Sunday at 1 p.m. Tournament will be combined of Handicap, Scratch, 9-Pin No-Tap and 3-6-9. Patrons may also enjoy X-Treme Bowling every Sunday from 7 to 10 p.m.

Children Bowling Special

Camp Red Cloud Bowling Center offers Children Bowling Special every Tuesday from 11 a.m. to 6 p.m. Children bowl free with parents.

Comedy ROKs Soldiers across Korean peninsula

By Cara Masterson

IMA-Korea MWR

YONGSAN – Morale, Welfare, and Recreation is bringing top-notch comedians to entertain Soldiers and civilians stationed throughout Korea. Featured comedians include Cain Lopez and Erik Clark.

Both have received phenomenal reviews and are said to leave you with



Cain Lopez

one of the top young Latino stars in the comedy world. His wise-cracking jokes about his life as the "fat kid" in the elementary school and growing up in a real-life trailer park have earned superb reviews and a spot on Dog House Comedy Jam.

Lopez performed for over 20,000 people at the Shoreline Amphitheater in a lineup that included Jamie Foxx, Dave Chappelle and Eddie Griffin. He was also a favorite of audiences at the Latino Laugh Festival and "Que Loco."

Clark, better known by his stage name, E. Clark, is well-known in the California area. He is a favorite at colleges



Erik Clark

and comedy venues such as The Punchline and The Improv. Clark was also featured on the 2004 season of the Latino Laugh Festival on Si TV.

The pair will perform at Camp Hovey's Borderline Cafe at 7 p.m., Friday; Camp Red Cloud's Mitchell's Club, 7 p.m., Saturday; Reggie's on Camp Stanley, 7 p.m., Sunday; Tommy D's on Camp Humphreys, 8 p.m., Tuesday; Camp Henry's Henry's Place, 8 p.m., Wednesday; the Busan Pub on Camp Hialeah, 8 p.m., Thursday, and; Camp Carroll's Hideaway Club, 9 p.m., Feb. 4.

Performances are scheduled the following week at Camp Walker, Area III, K-16 and Yongsan.

MWR is dedicated to bringing quality entertainment to the military in Korea. All performances are open to ID cardholders and free of charge.

For information, contact the local MWR Entertainment Office or call 723-3749.

Bowling league honors heroes

By MWR Public Affairs

This fall, 52 Army bowling centers are offering the Leading Edge American Heroes Bowling League targeting Soldiers, their families and the countless millions of American civilians who support our armed services. The bowling industry has never before offered anything to this large and unique market on a national level.

When bowlers participate in the American Heroes league, not only do they have fun bowling with their colleagues, commanders, subordinates and friends, but they also get a bowling ball designed especially for their own branch of the armed services and a USA bowling ball bag.

Several Army bowling centers have used the exciting promotions from Leading Edge to generate new bowlers.

Dean Ryan, manager at Fort Meade's bowling center credits the Leading Edge bowling clubs he has offered with helping his center generate hundreds of new bowlers. "They introduce non-league bowlers to the league format," Ryan said. "Coming in over a 17-week period to earn their ball, gets them used to scheduling a regular night of bowling."

Participating centers run each "club" session for a 17-week period and charge \$10- \$15/week—depending on location.

Bowlers interested in learning more about the American Heroes and other bowling promotions should stop by their local bowling center.

Kyongju BOSS Trip



COURTESY PHOTOS

The Better Opportunities for Single and Unaccompanied Soldiers program is offering Soldiers the opportunity to see Korea's "museum without walls," the city of Kyongju. The first capital during the Shilla dynasty, there are many temples, palaces and historical sites to see at Kyongju. The two-day trip is organized for President's Day Weekend at a reduced rate of \$100.

Famous historical sites include (at right) Bulguksa Temple, the Kyongju National Museum, Anapji Pond, Kirimsa Temple, Flying Horse (Chongma-Chong) Tomb and Sokkuram Grotto. Visitors will also experience many facets of Korean culture, including Buddhist monks (above) and artifacts such as the Virgin Bell (top right).

The trip includes two nights lodging, round-trip airfare, sight-seeing tours, and five meals. For information or to sign up, call the local Community Activities Center, BOSS representative, or 725-6070.



Area III plays part in Korea's 2005 AFAP

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS – Area III Army Community Service hosted the annual Army Family Action Plan Conference Jan. 21.

The event brought together more than 130 local delegates to discuss perceived issues affecting the community, ranging from those that may be taken care of on the local level, to those affecting the Army worldwide.

The AFAP Handbook says AFAP is a grassroots process that identifies issues of concern to America's Army family, determines actions necessary to resolve issues and assigns responsibility for the actions to the proper Army staff agency.

Kenia A. Jobb, Area III Army Family Action Plan coordinator, said this year the delegates focused on housing and education, force support and entitlements, consumer services, medical and dental, family services, and teens.

The delegates, who were assigned to committees dealing with the above areas, spent a full day discussing related issues. At the end of the day they presented their findings and proposed solutions.

The committee discussing force support and entitlements, for example, reported on safety issues at Camp Humphreys. Their report cited the lack of sufficient bus transportation during peak hours and after hours, resulting in Soldiers walking in inclement weather or at times of high traffic. They also cited the fact that there are no emergency phone boxes around Camp Humphreys if an injury should occur.

They recommended that telephone boxes be placed at intervals around the facility and that Camp Humphreys hire additional bus drivers, or have the units provide bus drivers, to increase bus service during peak times.

All segments of the Area III population had a voice in the process, including teenagers.

Among the teen findings was a lack of selection in clothing for their age group at the Post Exchange, a lack of enrichment activities for teens and a bus route to Osan High School that is not efficient and takes up too much of their time with commuting.

These and the other issues reported by AFAP delegates will be forwarded to base, regional and Army authorities – each being resolved at the lowest possible level. Changing or not changing a school bus route is an issue that can be handled on the local level. Changing uniform regulations, as another finding would require, has to go to Army level for resolution.



The committee discussing health and medical issues explored topics ranging from the possibility of increasing the number of qualified dental professionals to the danger inherent in experiencing a health emergency in an environment in which the patient and care provider do not speak the same language.



One of the issues explored by the Family Services committee is the availability of emergency services for those residing off post. Among their recommendations is the creation of a clearly defined set of guidelines and procedures to respond to and assist off-post personnel.



Committee facilitators and recorders were pledged to guide committee discussions, and record findings and suggested solutions, while keeping their own opinions to themselves.



Rosalinda Mazon, one of 130 Area III delegates to this year's Army Family Action Plan Conference, was appointed to work with the Family Services committee.



Among the many subject matter experts called on to assist the Army Family Action Plan Conference was Kurt Brunen, manager of Camp Humphreys' post exchange.



Kenia Jobb (standing) organized and hosted the 2005 Army Family Action Plan Conference at Camp Humphreys. She is the Area III Army Family Action Plan coordinator.

PHOTOS BY ROGER EDWARDS

NEWS & NOTES

Food Drive For Tsunami Victims

The U.S. Air Force's 607th Combat Communications Squadron will sponsor a food drive for tsunami victims Feb. 5-6 and Feb. 19-20 at the Camp Humphreys Commissary. Donations of rice and bottled water will be appreciated. For information, call Staff Sgt. Rygh at 753-7833.

Protestant Women Of the Chapel

Protestant Women of the Chapel meet from 9:30-11:30 a.m. Wednesdays at Freedom Chapel. Childcare will be available. For information, call civilian phone 654-5923.

USO Tours

Saturday: Lotte World Amusement Park, \$34
Sunday: Korean Folk Village, \$23
Feb. 12-13: Valentine's Spa trip, \$140
Feb. 13: Yoju pottery and Shilluk temple, \$21
For information, call 753-6281.

Aerobics Classes

Aerobics classes are offered every Tuesday and Thursday morning at the Camp Humphreys post gym. Pick up a schedule at the gym or Community Activities Center. For information, call 753-7657.

News & Notes Deadline

The deadline for submitting items for Area III News & Notes is Friday for publication the following Friday. However, it is best to submit items for publication well ahead of the deadline.

Requests should be sent to Steve Davis, USASA Area III command information officer, at davisst@usfk.korea.army.mil. News & Notes requests should include who, what, when, where, a contact phone number and any relevant information.

Safe on My Own Training

The American Red Cross is offering "Safe On My Own" training to children ages 10 and 11. The training will be offered 10 a.m. to noon, Feb. 5 in Bldg. 262, Camp Humphreys. Price for admission to the training is \$10 per person. For information, call 753-7172.

Health Clinic Appointment Procedure

The Camp Humphreys Health Clinic has announced new procedures for taking appointments. Patients may make appointments at the Patient Administration Help Desk

6:15 a.m. to 3:30 p.m., Monday-Wednesday and Friday; 1 to 3:30 p.m., Thursday.

During the business day, appointments may be made by telephone by calling 753-8388/7656. This service is available 8 a.m. to 4 p.m., Monday through Friday. For after-hours and holiday voicemail service, call 753-8710

The clinic is open 8 a.m. to 4 p.m., Monday through Friday. On holidays or for 24-hour emergency assistance, call 753-8111

Flu Vaccines Available

The Camp Humphreys Health Clinic has flu vaccine available to anyone who has not yet received the immunization but wants to do so. For information, call the immunization clinic.

Humphreys hosts 2005 basketball champs

Area III Public Affairs

CAMP HUMPHREYS – Hoopsters from all over Korea came to Camp Humphreys last week for the 2005 Korea Region Women's Basketball Championship and 2005 Korea Region Men's Over-33 Basketball Championship Tournaments.

Play, featuring teams of the best basketball players from each area, began at 3 p.m., Jan. 20, and ended Saturday with playoffs between Area I and Area IV for the men, and between Area I and Area II for the women.

Proving to be the best for 2005 in the women's tournament was the Area I team. In men's play, Area IV took the top score and the tournament's largest trophy.

Individual high point scores for each team in the final playoffs were:

WOMEN

Area I

Pfc. Keisha Ellis,
4th Chem Co., 23 points
Sgt. 1st Class Robie Powell,
HHC, 302d FSB, 17 points

Area II

Pfc. Varita Quincy,
176th FIN, 16 points
Sgt. Cassandra Randall,
164th ATSC, 15 points

MEN

Area IV

Staff Sgt. Dexter Avery,
C Co., 307th SIG, 34 points
Staff Sgt. Johnny Robinson,
57th MP Co., 16 points



ROGER EDWARDS

Staff Sgt. Johnny Robinson of the Area IV team appears determined to take flight as he scores two more points during the tournament's final playoff game against the Area I team.

Area I

Command Sgt. Maj. James
Daniels,

HHC, 2/72d ARM, 18 points
Sgt. 1st Class Ivan Williams,
HHC, 702d FSB, 13 points

Soldiers offered tax preparation service

By Captain Yong J. Lee

Area III Tax Center

CAMP HUMPHREYS – As a brand new year begins, people are beginning to realize that another tax season is almost upon us. Both Soldiers and civilians must turn their thoughts away from how enjoyably they are going to spend the next year and focus on filing their taxes.

If you are sweating over filing taxes or if you get a headache from even thinking about it, the Area III Tax Center has the remedy to ease both your mind and body.

The Area III Tax Center is ready to assist you in preparing and filing your federal and state income taxes. The Area III Tax Center, located in Building 734 on Camp Humphreys, officially opens Tuesday to all authorized ID cardholders.

Hours of Operation are: Camp Humphreys -- 9 a.m. to 6 p.m., Monday -- Wednesday and Friday, 1-7 p.m., Thursday; Camp Long -- 9 a.m. to 3 p.m., Tuesday, and; Suwon Air Base -- 1-5 p.m., Thursday.

The center will operate on this schedule throughout the tax season.

Before meeting with any of the Area III Tax Center staff, most personnel are required to make an appointment

with their unit tax advisor. Soldiers can find out who their unit tax advisor is through the chain of command.

"The unit tax advisor helps with tax preparation by going over the forms and documentation that Soldiers need for filing taxes," said Maj. Antoinette Wright-McRae, officer-in-charge of the Area III Consolidated Legal Center.

Unit tax advisors should be the first point of contact for personnel who want to file taxes.

Unit tax advisors will guide personnel through everything that is necessary to make the tax preparation process as easy and painless as possible. It is important to meet with the unit tax advisors because they will determine each individual's filing needs.

Unit tax advisors are trained to provide informed tax assistance. In fact, each unit tax advisor must receive Volunteer Income Tax Assistance training given by the Internal Revenue Service. Unit tax advisors will do as much as they can to assist you.

Sgt. Ki Kim, a tax assistant, said, "I learned a lot from the VITA course and I enjoy helping people file their taxes ... the tax center gives the community a place to file

their taxes for free, and the tax assistance preparers will help people with filing taxes as much as their training allows them."

Nevertheless, if the unit tax advisor determines that a person needs to file any form other than a 1040-EZ, then the unit tax advisor should schedule an appointment for the individual with the Area III Tax Center.

The Area III Tax Center will be open until April 15. From April 15 through June 15, tax assistance will be provided by appointment on a space available basis.

For information, call 753-3170 or 8053.

W-2s available on MyPay

Tax filers can obtain personal tax forms and track their electronic tax returns at the Internal Revenue Service Web site (www.irs.gov). Filing assistance is available on the site under Tax Topics 101.

Soldiers with MyPay accounts will be able to obtain electronic copies of their Form W-2 at the MyPay Web site (mypay.dfas.mil). IRS-approved, print-friendly versions of individual W-2s can be printed from this site and are accepted by military tax assistance centers for filing personal income taxes.

Sudden Focus

Anti-terrorism exercise tests preparedness at Humphreys

Area III Public Affairs

CAMP HUMPHREYS –Kevin Griess, director of the new Directorate of Emergency Services, said that exercise “Sudden Focus” is scheduled to occur at Camp Humphreys between Tuesday and Feb. 4.

“We don’t know when it will occur during that time frame, or what exactly will happen,” he said. “We know that terrorist scenarios will occur and that they are likely to involve disruption of normal activities on base.”

Sudden Focus is an annual exercise designed to assess an installation’s anti-terrorism plans by provoking a response to a terrorist assault.

According to Griess, the first part of the exercise is surveillance that may occur ahead of the actual exercise. During the surveillance phase, highly trained professionals closely watch the base. They check the timing of patrols, how entry control is exercised, go through trash, talk to Soldiers downtown – all to glean information they can use against the installation.

They use the information when the time comes to select targets and methods of assault. They might decide to run a gate, introduce a bomb, contaminate the water system, disable the power grid or any of a hundred different scenarios.

Then they sit back to see how the installation responds and how long it takes it to recover.

“This will lead to disruption of services on base,” said Griess. “If the scenario they select is the contamination of the water system, then the water system will be shut down while decontamination is going on. If they hit the power grid, then the buildings getting power from that section of the grid will lose power until the simulated damage can be repaired and power restored.”

According to Griess every gate, every person, every unit, every service

on Camp Humphreys is a potential target during the exercise.

“The exercise is going to lead to disruption,” he said. “People can expect power or water to be out for periods as long as six hours or more. There will be longer lines at the gates as checks are performed on 100 percent of entering vehicles. Roads may be blocked by military police performing ID checks and there will be ID checks to enter post facilities.

“The whole point of Sudden Focus is to find out if our anti-terrorism plans work, and help provide information on

how to modify those plans that do not work,” Griess said.

Another point for Soldiers, dependents and civilians to consider during this exercise is that they are not here in Korea in a vacuum.

“We can make plans against many possible terrorist scenarios,” said Griess, “but it is up to all of us as individuals to make sure those plans work. The people assigned to Humphreys are the key to minimizing losses and damage. But they must be aware and engaged.”

A Soldier out for an early morning run who spots a driver sitting in an unfamiliar vehicle near family housing should report the situation to the military police. An AAFES patron, who sees an unattended package lying outside of the post exchange, needs to let authorities know. A stranger in the club who appears to be paying too much attention to conversations going on around him may be a terrorist listening out for operational information. Report it.

“If a person reports something suspicious that turns out to be nothing, then it’s nothing,” said Griess. “If it’s something though, then that report may be responsible for saving lives. It’s worth a few minutes of time to report and check out.”

Sudden Focus Tips

“Each person in Korea with the U.S. Army – Soldier, dependent, civilian or contractor – is here supporting an Army at war,” said Kevin Griess, emergency services director. “Each is responsible for his or her own safety and the safety of those around them. Each must be a part of our defense. To help in that defense, Griess offers the following suggestions:

BE ALERT -- Notice the things around you – and those things that should not be there. Report what you noticed.

TAKE CARE OF YOUR ID -- Report stolen or lost ID cards immediately.

LOCK YOUR CAR -- Not only is an automobile a possible target for thieves, it also has an entry pass that can assist terrorists in gaining access to Camp Humphreys.

REPORT SUSPICIOUS BEHAVIOR -- The stranger taking pictures of the gate may only be shooting reminders of his visit. He may also be shooting for operational data.

Did you change the date on Pg. 24?

Ad goes here

Carroll warrant officer is IMA MacArthur nominee

By Cpl. Oh Dong-keun

Area IV Public Affairs

CAMP HENRY – “Duty, honor, country: Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be ... they build your basic character. They mold you for your future roles as the custodians of the nation’s defense. They make you strong enough to know when you are weak, and brave enough to face yourself when you are afraid,” said retired Gen. of the Army Douglas MacArthur in his 1962 Sylvanus Thayer Award acceptance speech at the U.S. Military Academy at West Point, N.Y.

In honor of MacArthur and “those three hallowed words,” the General Douglas MacArthur Foundation and the Department of the Army established the General MacArthur Leadership Award in 1987 to recognize company-grade active-duty, National Guard and Reserve officers and warrant officers who exhibit the Army’s values and demonstrate outstanding military performance, leadership and achievement.

This year, an Area IV Support Activity warrant officer from Camp Carroll has been nominated to represent not only the Korea Region, but the entire Installation Management Agency for the prestigious honor.

“It is a great honor,” said Chief Warrant Officer Paul E. Sankey, information management officer, Area IV Support Activity, Camp Carroll. “The nomination came as a surprise to me. It not only represents my efforts, but those of my mentors and



SGT. OHN SANG-JOON

Chief Warrant Officer Paul E. Sankey is among 16 Army active-duty warrant officers nominated for the General Douglas MacArthur Leadership Award. Sankey is the only nominee from the Army’s Installation Management Agency.

subordinates that have trained and supported me through the years.”

Even though the news came as a surprise to Sankey, it was easy for the recommending committee to select him because of his leadership and ability.

“He is a truly outstanding young officer and leader who sets the example for others in everything he does,” said Col. Donald J. Hendrix, commander, Area IV Support Activity, in his letter of endorsement. “He lives the values and ideals of duty, honor and country on a constant basis. Chief Warrant Officer Two Sankey is clearly deserving of selection for the General Douglas MacArthur

Leadership Award.”

“(Sankey) is a natural leader who demonstrates a tremendous military bearing and inspires others to excel,” said Wilfred J. Plumley, Camp Carroll installation manager. “He has the right mix of discipline and compassion that instills trust and dedication in those serving under him. Bottom line, he is an officer whose subordinates trust and are proud to follow.”

According to Sankey, he has been fortunate to have some great supervisors and commanders in his career who helped nurture his leadership skills.

“I have had some excellent first-line supervisors, platoon leaders and

company commanders that have never failed to show me the right way to do things and to help develop my leadership abilities,” said Sankey, who joined the Army when he was 17 years old. “I’ve always tried to treat everyone as I would like to be treated, and seek opportunities to pass on those leadership skills that I have learned to my subordinates. I always strive to ensure that I give the best service that I can to my country and to those that I support.”

“I am extremely proud to know that I have the best warrant officer in all of IMA working for me as part of the Area IV Support Activity – Camp Carroll team,” said Plumley, who is Sankey’s supervisor. “I know that when I give him a mission, I do not have to be concerned about mission accomplishment or the quality of the finished product.”

A total of 27 awards will be given out at this year’s awards ceremony scheduled for May at the Pentagon. Awards will be presented to 13 active-duty personnel, including 12 commissioned officers and one warrant officer. The top warrant officer will be selected at the final selection board to be held soon in Washington D.C. The winner will be notified by March 1.

The General MacArthur Leadership Award program began in 1987 in remembrance of World War II and Korean War hero Gen. of the Army Douglas MacArthur. It recognizes officers and warrant officers who go above and beyond the call of duty in their leadership.

Camp Henry Reserve Soldiers ‘twice the citizens’

By Sgt. Han Won-jong

19th Theater Support Command Public Affairs

While U.S. Army Reserve Soldiers are thought of by some as part-time Soldiers or “weekend warriors,” one Army Reserve unit is putting that myth to rest by showing that its Soldiers put in far more than just one weekend per month.

While Soldiers of the 4th Support Detachment Rear Operations Center may only don their battle dress uniforms during the standard one weekend per month and two weeks each year associated with the Reserve, many of them also serve their country full time as either Department of Defense civilians or contractors.

One of only three U.S. Army Reserve units located in Korea, the 4th ROC has supported the 19th Theater Support Command and rear operations for more than 12 years. Its mission is to mobilize and deploy to its wartime locations by coordinating and synchronizing all rear-area security for deployed U.S. forces.

Twenty-three U.S. Army Reserve Soldiers man the 4th Support Detachment Rear Operations Center



SGT. HAN WON-JONG

Spc. Jeremy Berenschot, administration clerk, 4th Support Detachment Rear Operations Center, inspects a humvee engine during a weekend drill.

– six officers and 17 enlisted Soldiers.

The 4th ROC runs the rear battle operation working group at Command Post 19, located at Camp Henry. It also has a liaison cell stationed at Second Republic of Korea Army, which works directly for Brig. Gen. Timothy McHale, 19th TSC commanding general, said Lt. Col. William M.

Alexander, commander, 4th Support Detachment Rear Operations Center. The liaison cell cross trains with Second Republic of Korea Army Headquarters during exercises.

The 4th Support Detachment Rear Operations Center supports 19th TSC’s wartime mission in both Ulchi Focus Lens and Reception, Staging, Onward Movement and Integration exercises. It also participates in Courageous Channel and communication exercises, said Maj. William Carr, operations officer, 4th ROC.

“During exercises, we have stood up and worked as a link between CP19, the rear battle operation working group, Second Republic of Korea Army, area support groups and Korea Region Office Installation Management Agency in Area I, II, III and IV throughout the peninsula,” Alexander said. “We are a force multiplier. We are trained up and ready to complete our wartime mission.”

The 4th Support Detachment Rear Operations

NEWS & NOTES

Tax Center Open

The Area IV Tax Center is now open in Bldg. 1805 on Camp Henry. For appointments, call 768-6680. For information, see your unit tax advisor.

Information Wanted

The 20th Military Police Detachment, Criminal Investigation Division, is looking for information leading to the arrest and conviction of the person(s) responsible for the theft of two laptop computers from the 229th Signal Company Operations Office on Camp Carroll Jan. 18. There is a \$350 reward. Contact the Camp Carroll branch office, Criminal Investigation Division at 765-8516/7442/7441, the 20th Military Police Detachment, Criminal Investigation Division at 768-8225/8232/8211 or the Camp Carroll Military Police desk at 765-8509 if you have information.

Assumption of Command Ceremony

Headquarters and Headquarters Company, Area IV Support Activity, will hold an assumption of command ceremony 1:30 p.m. Wednesday in the Kelly Fitness Center on Camp Walker. Incoming commander is Chief Warrant Officer Brian E. Parotte.

Commissary Closures

The Area IV commissaries, including Taegu, Pusan, Camp Carroll and Chinhae will be closed Feb. 9 for Lunar New Year's Day. For information, call Celine Ruiz at 764-4644.

Scholarship Available

Applications for the Scholarship for Military Children Program are available at Area IV commissaries. Completed applications are due at the commissaries by Feb. 16. For information, call Alan Esperas at 764-5310 or visit www.militaryscholar.org.

Black History Month Play

The Camp Walker School Age Service will host a Black History Month play for parents 4 p.m. Feb. 18. For information, call Mark Burton at 764-5072.

Walker Library Closure

The Camp Walker library is closed until Feb. 28 for renovation. Book return and in/out processing is available at the Community Activity Center, Bldg. T-215, located next to the gas station. For information, call Pan Un-hwan at 764-4318.

Readiness Group Rally

The Area IV Army Community Service is hosting a peninsula-wide Family Readiness Group rally 11 a.m. – 3 p.m. March 5 at the Camp Walker Bowling Center. There will be many activities such as bowling, face painting and an arm wrestling contest. For information, call Persis Oh-Gedemer at 768-7112/7610.

PX/Commissary Council

The Camp Walker Post Exchange and Commissary Council will meet 3 p.m. March 10 in the conference room at the Camp Walker Lodge. For information, call Chester Hires at 768-7355.

Camp Walker Dental Clinic

The Camp Walker Dental Clinic has relocated inside Wood Medical Clinic due to renovation. The dental clinic will remain inside Wood Clinic for the duration of the renovation, expected to be completed January 2006. For information, call Staff Sgt. Doricina Hendricks at 764-4307.



PHOTOS BY HEU JONG-TAE

Kim Mi-hyun, daughter of Pak Song-kwi, a 23-year employee of the Pusan Pub, practices prior to her first piano recital Dec. 8 at the Busan Cultural Center. Pak raised three daughters single-handedly after her husband died 24 years ago.

Pianist shares talents with Hialeah

Pusan Pub waitress puts daughter through Tchaikovsky academy

By Cpl. Oh Dong-keun

Area IV Public Affairs

CAMP HENRY – “A woman may be weak, but a mother is strong.”

That is the phrase Pak Song-kwi, a waitress at the Pusan Pub on Camp Hialeah, uses to describe how she successfully raised her three daughters after her husband died 24 years ago.

“Every time I wanted to quit (working) and didn’t think I could go on, I thought about my daughters,” said Pak, who has been working at the pub for 23 years. “Many people told me I should get married again and have my daughters adopted so I can live an easier life, but I couldn’t do that. I won’t exchange my daughters with anything in the world. They are everything to me. They are my life.”

Lately, Pak has had extra reason to be thankful that she didn’t give up on her daughters. After more than 20 hard-working years, Pak’s grown-up daughters are proving her passion and love for them has been worth the sacrifice.

Pak’s oldest daughter, Kim Mi-hyun, held her first solo piano recital Dec. 8 at the Busan Cultural Center after graduating from the Moscow Tchaikovsky Conservatory in Russia in October.

“It felt amazing being able to witness my daughter’s first recital,” said Pak. “It felt like I was on the top of the world. I was so excited that I couldn’t even sit down. Even now, every time when I think



Steinway and Sons is known for its world-class piano craftsmanship. Kim graduated from the Tchaikovsky Academy of Russia, known by some as the “Steinway” of musical academies.

about it, tears of joy come to my eyes.”

“Honestly, it was quite stressful getting ready for my first recital since returning to Korea, because it is where I first got to introduce myself to the world as a pianist,” said Kim, a 31-year-old Busan native. “But I did my best and I am happy that everything turned out great.”

“It was an excellent recital,” said Anthony Gray, director, Camp Hialeah Morale, Welfare and Recreation logistics branch, who coordinated the Camp Hialeah community’s attendance at the recital. “She is an amazingly talented musician.”

According to Gray, more than 150 people from the community, including about 50 who rode on a bus provided by MWR, enjoyed Kim’s recital, thanks to Pak, who provided Camp Hialeah MWR with free tickets.

“I really appreciated (Camp Hialeah

community’s) attendance at the recital,” Kim said. “I could breathe easy because they were really supportive throughout the entire recital. They even gave me several standing ovations.”

Kim started playing piano when she was eight years old, soon after her father passed away and Pak had to begin working full time to support her family.

“When I began working full time at the pub, I had to leave my daughters with my mother,” Pak said. “I felt bad about not being able to spend much time with them, so I thought playing a musical instrument may help them emotionally.”

Fortunately for Kim, her mother’s choice turned out to be a great opportunity to discover her talent at an early age.

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Pianist

from Page 26

“Since she started playing piano, she has never gotten tired of it,” said Pak. “She’s always been really good at reading and memorizing music since she started playing. Every instructor she’s been through had only good things to say about her. I am so grateful that she picked up on it so quick and enjoys it so much herself.”

Along with one of her younger sisters, Kim Eun-jin, Mi-hyun decided to take music and piano as her career when she entered the Department of Music at the Busan Arts College in 1994. After earning an associate’s degree in 1996, she went to study abroad in Russia and attended the Ural Mussorgsky Conservatory in Yekaterinburg for a year in 1997. Eun-jin is currently studying composition in Munich, Germany.

“I said to myself that I am never going back to Russia after I came back in 1998, because I was so lonely,” said Mi-hyun. “But I fell I love with Russian music while I was at Mussorgsky Conservatory, and I couldn’t help going back to Russia for the music that I love.”

Mi-hyun went back to Russia to the world-renown Moscow Tchaikovsky Conservatory in 2002 for her doctorate degree. Her time at the institute was

“My mother is the one that I love and respect more than anybody else in the world.”

– Kim Mi-hyun

difficult on occasion, she said. If not for her love of music, she wouldn’t have been able to endure three years of loneliness, as well as the cold and gloomy winters.

“I believe the three years I spent in Russia was good mental training for me,” Mi-hyun said. “Music was the only thing that kept me going. I woke up in the morning with music and I went to bed with music. Music was the only reason I existed. But the most important thing that kept my hopes alive was love and support from my family, especially my mother.”

The “support from family” she received while in Russia wasn’t just a bunch of “I love you.” The youngest of the three sisters, Kim Eun-ji who works in Seoul, paid the tuition for Mi-hyun’s graduate school.

“I am so proud of my youngest and I am so proud of all my daughters, because they are willing to help each other when one of them is in need,” Pak said.

Just as the mother is proud of all her daughters, the daughters have great respect and love for their mother, who sacrificed so much for the well-being of her children.



GALEN PUTNAM

Pak Song-kwi serves a round of beverages while working at the Pusan Pub. A mother of three, she successfully raised her children on her own after her husband died 24 years ago. She has been working at the pub for 23 years.

“My mother is the one that I love and respect more than anybody else in the world,” Mi-hyun said. “She is a very special person in the lives of me and my sisters. She has been our strength when we were weak and our hope when we were down. I truly believe in the proverb that says ‘God could not be everywhere, so He made mothers.’ Now that we are

all grown up, we are going to do everything to make her happy, because when she is happy, we are happy, too. I am so glad that I had a chance to make her happy at my recital.”

Pak is not only a respected mother to her daughters, but also a highly praised employee at work.

“She is one of the best, if not the best waitress we have at the pub,” said Avelina Richardson, the Pusan Pub manager. “She always smiles to the customers and is always kind to them. It is clear to me that she must be a nice person everywhere else as well, from how she performs at work.”

“She is an amazing person and a great mother,” said Lee Sun-ja, who has known and been working with Pak at the pub since 1981. “She’s very passionate about her three daughters. She does nothing for herself. All she does since I’ve known her are working and taking care of her children. She also has a strong sense of responsibility at work. I really respect her for her relentless work ethic and everything she has done for her children.”

“I am happy today because of someone’s sacrifice,” Mi-hyun said. “That someone is my mother. Now my sisters and I are going to be that someone for her.”

Ad goes here

Reserve

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Center conducts drill once a month on weekends. The Soldiers travel to the unit's headquarters on Camp Henry from locations such as Dongducheon, Uijeongbu, Seoul, Pyongtaek and Busan.

"Everything that is required for active duty pertains to the Reserve side," Carr said. "To make sure we are all in line with what the government needs from us, we do everything active-duty Soldiers do in condensed training."

The Reserve Soldiers participate in Common Task Training and mandatory classes, such as land navigation, Army physical fitness testing, weapons qualification, summer and winter driver's training, cardiopulmonary resuscitation training and more, said Staff Sgt. Brian P. Moynihan, motor pool non-commissioned officer in charge.

Also bunker training is emphasized during drill weekends, such as ensuring secure computer systems and communication skills on the radio.

Most Soldiers in the unit have civilian jobs, said Carr. About 95 percent of the Soldiers work as either contractors for the U.S. government or as DA civilians. The other five percent work as businessmen and instructors, providing a vast background of knowledge.

"You have Soldiers coming from divergent parts of the country, or different countries, bringing all those differences together into one team, working for one common goal," Alexander said. "That's the strength of (4th Support Detachment Rear Operations Center)."

The majority of 4th Support Detachment Rear Operations Center Soldiers have active-duty backgrounds, and about half of the Soldiers have bachelor's degrees.

"It's not only background in the civilian jobs,"



Sgt. Han Won-Jong

Staff Sgt. Ruby Scott, a military intelligence analyst with the 4th ROC, cleans residue off Light Medium Tactical Vehicle batteries.

said Alexander, "it's background in the military as well that makes teamwork a success."

"We just never let the fact that we are civilians get in the way of our mission, which is supporting the United States military," Carr said. "It's a delicate balance between civilian and military lives, because most of them work for the government in their civilian jobs as contractors. However, the unit's members never forget they are Soldiers first."

"This unit is the most motivated I have seen in my 26 years of commissioned service," said

Alexander. "They are here because they want to be."

"Their motivation level is always high because they know the expectations are high," Moynihan said.

The real heroes and the success stories of 4th Support Detachment Rear Operations Center are the Soldiers that do their jobs everyday, Alexander said.

"They are professionals and real contributing members of Team 19. Not only as Army (Reserve Soldiers), but in their full-time job as well. That's why they call them 'twice the citizens.'"

Ad goes here

녹차의 효능에 대하여

일병 서기철

현대인들은 휴식시간에 동료들과 커피 한잔을 즐기며 이야기를 나누는데 익숙해져 있다. 커피는 순간적인 집중력의 상승과 근육이완에는 효과가 있지만 커피에 함유된 지나친 양의 카페인은 우리몸의 생체리듬을 깨뜨리기 쉽다. 이번호에서는 커피의 단점을 보완하면서 값이 비교적 저렴하여 쉽게 즐길 수 녹차와 그 효능에 대해서 알아보도록 하자.

**차의 정의와 그 종류

차는 차나무에서 탄 것으로 만들어 뜨거운 물에 우린 것이다. 차나무는 동백과에 속하는 사철 푸른나무이다. 우리나라에서는 경상남도, 전라남도, 제주도 등 따뜻한 곳에서 자라며 안개가 많고 습도가 높은 곳을 좋아한다.

차나무 잎으로 만든 차는 크게 4종류로 분류한다.

만드는 방법에 따라 불발효차(녹차) 반발효차(중국산 오롱차나 철관음 청차 등) 완전 발효차(홍차)로 후발효차(보이차)로 나눈다. 또한 차잎을 따는 시기에 따라 제조과정에 따라 색깔이나 모양이 천차만별이다.

차나무 잎으로 만든 차 이름도 수천 종류가 된다. 차잎을 따는 시기에 따라, 제조 과정에 따라 또는 만드는 사람의 취향대로 불려지기도 하지만 차가 자라는 산지의 지명 이름이 대표적으로 많다. 차 이름에 따라 재료가 다른 줄 알지만 차잎 한 가 지로 만들어 수많은 이름이 붙여진 것이다.

우리나라 차의 대명사라 할 수 있는 작설차와 죽로차는 차의 품질과 맛을 잘 표현한 이름이다. 작설차는 어린 차잎이 참새의 혀를 닮았다해 불려진 이름이다. 이 작설차는 고려말 재상이었던 익제 이재현이 햇차를 보내준 은혜에 대해 보답하는 시에 처음으로 등장하였다.

차잎이 큰 것은 까마치혀를 비유해 작설이라고 한다. 죽로차는 대나무이슬을 머금고 자란 차로 그 맛이 뛰어나다.

**녹차의 효능

1. 암발생 억제 효과

녹차 항암효과가 주목받기 시작한 것은 1978년 일본 시오즈카 현의 암의 발생률이 전국 평균에 비해 현저하게 낮아 발암과 녹차 음용과의 관계를 찾아 본 이후부터 녹차의 항암 효과에 관심을 갖기 시작하였다. 위암 사망률이 높은 지역에서는 녹차의 섭취량이 적은 반면 위암 사망률이 가장 낮은 나카가와네 지역은 1인당 매월 250~410g의 녹차를 소비한 사실을 알고부터 항암효과 실험이 본격적으로 진행되기 시작하였다. 중국의 중국 의학과학원 암연구센터 전서균 박사과 일본 교도 의과대학교수진의 연구에 의해 녹차의 항암효과는 입증 검증되었다.

2. 콜레스테롤 제거 효과

일본 나고야여대 무라마쓰 교수는 녹차 잎에서 추출한 조카테킨과 EGCg를 Weistar계 숫쥐를 이용하여 1% 콜레스테롤을 함유하는 고지콜레스테롤 사료를 대조로 1%, 2%의 조카테킨

및 0.5%, 1.0% EGCg를 첨가한 사료를 시험군으로 하여 4주간 투여한 뒤 지질 대사에 대한 효과를 실험하였다.

실험결과 조카테킨 및 EGCg 첨가군의 혈장 콜레스테롤의 농도 상승은 대조군에 비해 억제되었고, 인체에 해로운 LDL 콜레스테롤 농도와 동맥경화 지수도 상당히 개선되었다. EGCg 첨가군은 인체에 무해한 HDL 콜레스테롤 농도는 증가되었으나 간장 총지질이나 간 콜레스테롤 배설량도 조카테킨 첨가로 현저히 증가되었다.

이상의 결과에서 조카테킨과 EGCg는 콜레스테롤 함유식을 투여한 쥐의 혈장 및 간장 콜레스테롤의 상승을 강하게 억제시키고, 대변으로 체외 배출을 촉진시킨다는 사실을 확인하게 되었고 이러한 콜레스테롤 강하작용은 소화기간 내에서 콜레스테롤의 흡수를 저해시키는 데 기인한 것으로 추정하고 있다.

3. 동맥경화 억제작용

- 1) 강압작용
- 2) 혈중 및 간장지질 저하작용
- 3) 과산화지질 저하작용
- 4) 동맥지질 저하작용

4. 혈압상승 억제 효과

녹차 속의 카테킨 성분이 혈압상승 억제하는 효과를 가지고 있다.

5. 혈소판 응집 억제 작용

녹차 침출액(EGCg, C, EC 등 카테킨)과 녹차잎 성분(데아플라빈류, 데아플라빈모노 갈레이트)이 혈소판 응집 억제작용을 한다.

6. 식중독 예방 효과

녹차의 항균 성분에 의해 살모넬라균, 장염비브리오균, 웰치균, 보툴리너스균, 포도상구균은 완전히 소멸시킬 수 있다. 여름철에 마시는 녹차 한잔은 식중독을 예방한다.

7. 콜레라 예방 효과

일본 소와대학 의학부의 시야무라 교수(세균학) 등은 녹차의 성분 중에는 티푸스, 적리균, 콜레라균, 장염비브리오균 등과 같은 병원성 세균에 대한 강한 살균 작용이 있음을 발견하였다.

8. 충치 예방 효과

- 1) 치아 표면의 불소 코팅 효과
- 2) 치석 형성의 억제
- 3) 충치 세균에 대한 살균 작용

9. 기타효능

항산화 작용, 노화 억제 효과, 중금속 제거 효과, 항당뇨 효과, 지방간의 예방, 다이어트 효과, 항알레르기 효과, 에이즈 바이러스 역전사 효소에 대한 억제 효과, 담배의 해독효과, 구취 및 냄새 제거 효과, 녹차 향기 성분의 기능성, 알칼리성 체질 개선 효과, 염증 치료 효과, 기억력 및 판단력 증진, 피부 미용 효과, 면역력 증강, 스트레스 해소, 변비 개선 효과, 카페인의 생리 작용, 데아닌의 생리 작용, 방사능 해독 작용 등이 있다.

This article is about green tea.

Learn Korean Easily



Language Instructor
Minsook Kwon



"Uh-jae yah-guen
hae-suem-nee-dah."

"I worked overnight yesterday."

Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
gg		dd			bb			ss			jj
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	uh	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅞ	ㅟ	ㅠ	ㅡ	ㅢ	ㅣ	ㅤ	ㅥ
ae		yeh		weh	wah	wuh	wee		ui		

Word of the week

피곤

ㅍ ; p , ㅣ ; ee /
ㄱ ; g , ㅛ ; oh , ㄴ ; n
'pee-gohn'

to be tired

The phrase of the week

"I am tired."

피곤해요.

Pee-gohn-hae-yo.

tired

-

I am

Conversation of the week

오늘 비번입니까?

Are you off today?

Oh-nuel be-buhn-eem-nee-ggah?

네.

Yes, I am.

Nae.

(외출) 하실겁니까?

Do you plan to (go outside)?

(Wae-chool)

hah-sheel-guhn-nee-ggah?

아니오.

No, I don't.

Ah-nee-oh.

오늘 뭐 하실겁니까?

What are you going to do today?

Oh-nuel mwuh

hah-sheel-guhm-nee-ggah?

꼭 잘겁니다.

I am going to sleep soundly.

Pook jahl-guhm-nee-dah.

(운동) (oon-dohng) (exercise)

(공부) (gohng-boo) (study)

Share this column with a Korean co-worker.